

Regency House Natural Health Spa

TRY
THIS

The Non-Surgical Facelift Facial

Pumpkin complex and peptide amino acids combine to repair and rebuild skin. An enzyme lifting treatment firms and tightens skin to conclude this ultimate facial. \$145 for 75 minutes.



Located on the Atlantic Coast in sunny southern Florida with miles of sandy white beaches, the friendly staff of the Regency is ready to welcome you with open arms. Centered around the concept of holistic living, guests not only experience the benefits of weight loss and physical fitness but also the virtues of a peaceful mind and a positive attitude.

Upon arrival, a private consultation is arranged for each guest with our Health Director, Dr. Frank Sabatino. After carefully considering any medical history or fitness limitations, a nutrition and exercise program is established. Our five-star gourmet vegetarian cuisine contains an abundant supply of nutritious foods. Our supervised water and/or juicing program has helped hundreds of people to recover from serious health problems.

We have a wide variety of daily activities, with every aspect of the program designed to enhance lifestyle awareness and re-education. Activities include low-impact aerobics, stretching and toning, power walking, upper body weight training, tai chi, dance "fun" aerobics, Pilates, yoga and meditation. Guests will also enjoy the aqua exercise classes in the ocean or outdoor heated pool. Daily lectures on topics such as health and nutrition, disease prevention, psychology, stress reduction and behavior modification are included in our program.

Guests will also experience luxurious therapeutic spa treatments such as massage, reflexology, facials, body wraps, body scrubs, hair and scalp treatments and a host of other spa services. For many guests, the Regency House has become a home away from home.

An inspirational
oceanside setting
& delicious
vegetarian cuisine



STAY

All rooms with private bath, television and telephone. Ocean view, pool view, garden view rooms available. 70 guests, 76 employees; 1 1/3 acres.

PLAY

Heated swimming pool, Jacuzzi spa and sauna, white sandy beach, exercise room, dining room, guest lounge, lecture room, spa center for massages, facials, manicure/pedicure, makeup consultation/application and hair care.

DINE

Delicious vegetarian cuisine from around the world. Buffet-style for breakfast and lunch, table service for dinner. Supervised water and juice fasting available.

EXPLORE

Daily health lectures, walk for health/basic training on the beach, aqua fit/ocean, cooking demonstrations, shopping smart, beachside tai chi, introduction to Pilates, yoga and meditation, tai box, perfect posture, having a ball.

SERVICES

Swedish Massage (50 minutes) \$75; Anti-Cellulite Essential Oil Body Wrap (75 minutes) \$115; Regency Signature Treatment — the non-surgical Facelift Facial (75 minutes) \$145.



SPECIALTY WEEKS

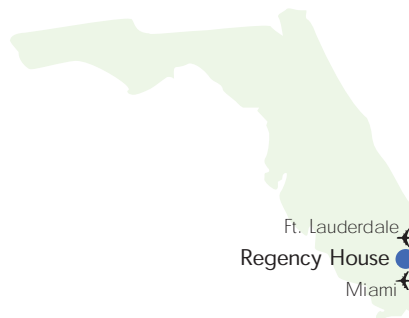
Mother/Daughter, Girlfriends Getaway.
Smoking Cessation offered on request.

WEATHER

Summer — High 89°, Low 70s
Winter — High 85°, Low 60s

TRAVEL

Ft. Lauderdale International Airport (15 minutes), Miami International Airport (30 minutes). Ground transportation from Ft. Lauderdale: Shuttle service to and from spa \$11, taxi approximately \$30-35. From Miami: Shuttle service to and from spa \$25, taxi approximately \$60.



2000 S. Ocean Drive, Hallandale Beach, FL 33009
(800) 454-0003 | (954) 454-2220
regencyhealthspa.com

2009 RATES

Valid through September 30, 2009

	Single	Double
Winter		
4-night	\$1,085	\$910
7-night	\$1,795	\$1,495
Summer		
4-night	\$850	\$740
7-night	\$1,395	\$1,195
Fall		
4-night	\$910	\$795
7-night	\$1,495	\$1,295

Rates are per person, standard accommodations.
Four-night minimum stay.

A Florida tax of 6% and hotel tax of 5% is added to the above rates. Gratuities are at the discretion of the guest. No service charge.

INCLUDED

Accommodations, private nutritional consultation with Health Director Dr. Frank Sabatino, 3 gourmet vegetarian meals daily, juice fasting program (optional), daily health and nutrition lectures, vegetarian cooking demonstrations, psychology seminars, workout gym, yoga and meditation, exercise classes, 2 free spa services valued at \$150 per person per 7-night package, 1 free spa service valued at \$75 per person per 4-night package.