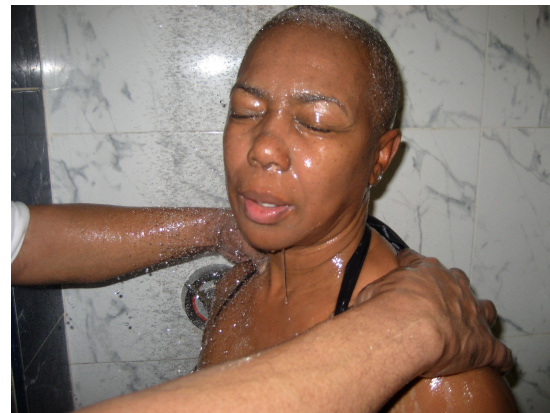


BROOKLYN . PHILADELPHIA . MIAMI

**The Soul Sweat** is a monthly group spa event where you get to experience a variety of saunas, a steam room, hot tub, swimming pool and cold pool.

The Soul Sweat is a wonderful way to unwind, de-stress and detoxify physically, mentally, emotionally and spiritually.

If you are a practitioner of any of the Healing Arts including yoga, massage, reflexology, Reiki, aromatherapy, iridology, etc, the Soul Sweat is an excellent complement that will assist you in re-grounding, re-centering and cleansing your aura.



If you workout, the Soul Sweat helps in your recovery phase, allowing your body to restore itself in a relaxing, comfortable environment.

When you come to the Soul Sweat you'll receive a foot massage while you're in the hot tub, you'll get a body exfoliation scrub and a back, shoulder, neck rub with oil while in the wet sauna. You'll be fed fruit, water, juice and healing tonics. You'll also get to mingle and network with other health-minded people like yourself.

You'll leave the spa with smoother, more radiant skin and when you settle down, you'll be ready to sleep like a baby, waking up refreshed, recharged and ready to take on the world with a whole new attitude and perspective.



Baaba Pa-Ur

The Soul Sweat is led by elder Baaba Pa-Ur who has been doing spa work for over 15 years.

The Soul Sweat takes place on the 2nd, 3rd and last Sunday of each month in Miami, Philadelphia and Brooklyn, respectively.

For more information call 347-785-7819 or visit our website at [thesoulsweat.com](http://thesoulsweat.com)