

Mission

We strive to empower all individuals to take the journey to wellness. To provide and promote a Holistic approach to those who need *Balance, Inner Strength* and *Harmony* in their lives.

Who we are

Quay Holland and Judy Johnson, the owners of Bodies in Harmony, are both Certified wellness consultants and mentors with the M'lis Beneficial Company. Our goal is to work with the "Whole body, mind and soul"; to help others improve their lives. With the programs and products offered, we treat the *whole* person.



2549 S. San Jacinto Ave San Jacinto, CA 92583

To schedule an appointment, contact:

Judy Johnson at 951.212.8865 or Quay Holland at 410.570.9414

Email us at bodiesinharmony@yahoo.com



Let us take you on a



Journey to Wellness

Please arrive 15 minutes early
for your service or consult.

- As M'lis wellness consultants, we provide all our clients with state of the art programs and services with the utmost concern and respect for your privacy.
- Please notify us 24 hours in advance of any changes that must be made to your appointment.
- Any cancellation or rescheduling made with less than 48 hours notice may result in a charge of 25% of the service price. Failure to attend your appointment will result in a charge of 50% of the service price.
- If you are late to your appointment, your treatment time may be reduced to accommodate for the next scheduled appointment. The fee for your service(s) will remain the same.
- We do not accept product return due to the purity of the product.
- Mastercard, Visa, AMEX, Discover cards are accepted.
- Service prices listed are our starting rates.
- Prices are subject to change without notice.

BODIES IN
Harmony

Skin and Body Care

BODY TREATMENTS

M'LIS CONTOUR WRAPS

75 minutes \$75

2 Body Contour Wraps \$130

4 Body Contour Wraps \$250

Hand Paraffin Treatment \$25

Add a Hand Paraffin Treatment to any service \$20

FACIALS

European Facial (60 minutes) \$65

European Facial (30 minutes) \$45

Aromatherapy Facial (60 minutes) \$70

M'lis Elite Anti-aging Facial (60 minutes) \$75

Deep Cleansing Acne Facial (60 minutes) \$75

Glycolic Facial (40 minutes) \$60

Teen Facial (40 minutes) \$50

M'lis Non-Surgical Facelift (60 minutes) \$70

Manual Microdermabrasion Facial (60 minutes) \$75

WAXING

Eyebrows \$15

Back \$50

Full Face \$40

Chest \$25

Chin or Lip \$10

Stomach \$20

Neck Line \$10

Bikini Line \$20

Hair Line \$15

Brazilian \$50

Underarm \$15

Full Leg \$50

Arms \$20

Half leg \$35

PACKAGES

BALANCE

\$233

INSPIRATION

\$188

HARMONY

\$219

European Facial

Manual

Non-Surgical Facelift

Body Contour Wrap

Microdermabrasion

Body Contour Wrap

Balance

Body Contour Wrap

Evening Primrose Oil

DHEA

Cell-U-Rid

Flax Seed Oil

Wild Yam Cream

Vital

Tranquility

**All prices listed are our starting rates.

M'lis Products

INTERNAL

SLENDER AIDE Appetite Appeaser \$24

TRANQUILITY Herbal Stress Relief \$25

BALANCE Natural Hormone Therapy \$48

THYROID Endocrine Support \$32

CLEANSE Intestinal Cleanser \$23

DETOX Body Purifier \$23

DHEA Anti-aging \$29

ENZYME Digestive Enzyme Blend \$25

FLAX SEED OIL \$30

INSTANT MEAL \$50

RELIEF Muscle and Joint Aid \$40

VITAMIN D \$15

DAILY Multivitamin / Multimineral \$32

PROBIOTIC Synergized Acidophilus \$28

FIBER Wheat Bran and Psyllium \$25

CALCIUM Liquid Gell Caps \$25

VITAL Antioxidant with Astaxanthin \$36

EVENING PRIMROSE OIL \$40

EXTERNAL

BUFF Body Exfoliator \$29

REPAIR Tissue Repair Cream \$33

SOOTHE Anti-inflammatory Gel \$17

VANISH Spider Vein Cream \$15

WILD YAM CREAM Hormone Balance \$36

CONTOUR

CELL-U-RID Tissue Detoxifier \$24

Cellulite Home Care Package \$73

(Includes CELL-U-RID, BUFF, MAINTAIN & Mesh Sponge)

MAINTAIN Anti-cellulite Lotion \$25

HEAT Exercise Gel \$29

**Prices are subject to change without notice.

Wellness Programs

DETOXIFICATION

A total body cleansing program, cleansing the liver, colon, kidneys and the blood supply. Helps restore the peristaltic action of the colon and will rid the body of mucus, toxins and waste materials.

WEIGHT LOSS

Improve appearance, enhance vitality, improve health, increase energy, reduce body fat and appease appetite.

CANDIDA

Detoxification to eliminate accumulated toxins and waste materials, restoring the peristaltic action of the colon and strengthen vital organs, yeast free diet, nutritional supplementation.

HORMONE BALANCING

Hormone health is linked directly to having essential 100% nutrition, exercise, stress control and detoxification to produce and metabolize hormones properly. Given the proper environment, the body is able to manufacture its own balanced hormones.

FIBROMYALGIA

Fibromyalgia is a mysterious debilitating condition characterized by chronic pain in the muscles and surrounding structures. "Fibro" meaning fibrous tissue such as ligaments, tendons or fascia. "My" meaning muscle tissue. "Algia" meaning pain.

