



Experience the

Korean Sauna

A Tradition of Relaxation, Rejuvenation
and Delicious Healthy Cuisine

At Chung Dam Spa in Cheltenham, Pa

Jeannette will be your "Tour Guide", accompanying you through the different steps of this special Korean Tradition, revealing the deeply relaxing, restorative and beautifying qualities of the Korean Spa.

After the sauna, we will go to a Korean restaurant (5 minutes from the sauna) where we will enjoy a deliciously healthy Korean Feast!

- ♥ Relax in the hot pool, dip in the cold plunge
- ♥ Sit in the steam room or dry sauna
- ♥ Get a body scrub, cucumber facial, scalp massage and other beauty treats
- ♥ Rest in the Jade Room or the Yellow Clay Room
- ♥ Enjoy fresh Veggie Juice and Healthy Korean Cuisine

Date: Inquire!

Time: 9am-3:00pm

Cost: \$175

\$75 Deposit to reserve space
6 Woman Maximum

Call to find out more and reserve your spot!

(610) 935-0701

Or email: vibrant@theartofhealth.us

Have a few friends you'd like to go with? Ask about a private group.