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WRAP-UP YOUR BODY & MIND IN A UNIQUE RELAXATION PACKAGE AT OASIS ON PARK

New York, NY October 1, 2002 - As the holiday season rapidly approaches the stresses and strains of everyday life somehow become even more hectic. With gift buying, holiday cooking and work and family parties just around the corner, relaxation seems to be doomed a thing of the past. Yet, help is on the way!! **Oasis On Park**, NYC's premier day spa, is offering *A Beautiful Mind & Body Package*, a two and half hour unique relaxation experience literally catering to the full body from head to toe.

A Beautiful Mind & Body Package includes:

- **½ Hour Floatation Spa Therapy:** The buoyancy afforded by the dense Epsom Salt solution in the floatation tank eliminates the body's specific gravity, bringing the floater close to an experience of total weightlessness. Gravity is the single largest cause of human health problems - the bad backs, sagging abdomens, aching feet, painful joints and muscular tension all result from our unique but upright posture. This theory asserts that by freeing the brain and skeletal system from gravity, floating eliminates vast amounts of energies and large matters of brain to deal with matter of mind, spirit and enhanced awareness of internal states. The Float operates as a kind of organic biofeedback machine. In the tank every physical sensation is magnified, and because there is no outside distraction, one is able to relax deeply and focus upon any part or system of the body.
- **½ Hour Reflexology:** A 5,000-year-old technique dating back to the ancient Egyptians, reflexology is based on the principle that points or reflexes in the feet and hands correspond to every organ, gland, and system in the body. By applying pressure with the thumb and forefinger to these points, reflexology relieves tension, improves circulation, eliminates toxins and stimulates the natural function of the related areas in the body.

OR

- **½ Hour Craniosacral Massage:** A therapy that uses gentle manual pressure applied to the skull, spine and membranes to restore rhythm to the craniosacral system which includes the brain, spinal cord, cerebrospinal fluid and surrounding membranes. Craniosacral Massage has been used to relieve a variety of sensory and/or motor neurological dysfunctions. In addition to headaches, neck and back pain, it has been effectively used to treat jaw dysfunction, chronic fatigue, muscle coordination difficulties, depression, eye problems, hyperactivity, central nervous system disorders and many other conditions.

AND

- **1 Hour Lazartique Hair Treatment at the Robert Stuart Hair and Nail Salon:** keeps hair silky, soft and smooth throughout the cold and dry winter months.

A Beautiful Mind & Body Package has a cost of \$165 plus tax and can be purchased at:

Oasis On Park
1 Park Avenue
New York, NY
212-254-7722

www.nydayspa.com

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For additional information, to schedule an interview or to request products, please contact KMR Communications, Inc. at 212.213.6444, or info@kmrcommunications.com. KMR Communications, Inc. is a vital communications resource, fulfilling the interview of the news media with experts from the medical, fitness and beauty industry.