



WELLNESS RETREAT

FEB 22– 24, 2019

Wellness inspired by nature

A weekend of self-care focused
on optimum health

The Tula Retreat

at

NOMI RESORT

Health & Wellness

Experience a Rejuvenating
Weekend in an Environment
of Calm.

\$695 per person

2 nights, 3 days all inclusive.

- ❖ Beautifully prepared gourmet meals, juicing & day appetizers
- ❖ A therapeutic massage treatment
- ❖ Penetrating infrared sauna treatments
- ❖ Vitamin IV, Myers Cocktail
- ❖ Peppermint Halo
- ❖ Organic Hot Therapy Lavender Pillow Treatment
- ❖ Hatha Yoga & Meditations
- ❖ Forest Therapy - a walk with nature, guided meditation
- ❖ One-On-One MD Consult & blood analysis
- ❖ Receive optimum care from our wellness practitioners

To register and book call: 1.888.765.9951

For additional inquiries email us at:

stay@nomiresort.com

**Additional costs apply. Taxes & gratuities are separate.*

Relax & Learn How to Achieve
Hormone Optimization.

Session topics: The positive effects of bioidentical hormones & hormone weight loss, holistic nutrition guidance, Stress management & the importance of well being.

What are Bio-identical Hormones (BHRT)?

Bio-identical Hormone replacement therapy correctively aids in the correction of **weight gain, fatigue, depression, increase libido, menopause andropause, thyroid, testosterone and more.** BHRT is a good method of preventative health to keep hormones balanced to achieve optimal health.

What is TULA?

TULA is a wellness program that manages integrative hormone treatments and the custom compounding of natural hormones to help program members achieve ongoing preventative care with its distinctive Integrative MD, RN, and team of wellness practitioners.

* Join our fully integrative program with ongoing quarterly maintenance & support and benefit from naturally compounded hormone treatments.

tula[®]
treatment under labs