

## 🌿 Shared Stillness 🌿

A Paired Spa & Wellness Experience  
at Hermitage Farm Center for Healing

Offered the first Thursday of every month

An unhurried, restorative experience created to nourish connection and well-being. Ideal for partners, best friends, mothers and daughters, or any meaningful pair, *Shared Stillness* offers time to exhale, be cared for, and enjoy quiet presence together.

### 🌟 How It Unfolds

Your experience is thoughtfully arranged with two chosen practitioners and services, creating a gentle rhythm of care. While one guest settles into their first treatment, the other is tended to in their own restorative experience.

Practitioner Profiles; Practitioners – Hermitage Farm

Between sessions, you'll come back together for warm tea and quiet reflection—an unhurried pause—before exchanging places to receive the second offering.

### Choose Your Treatments

- Customized therapeutic massage
- Decadent facial using organic ingredients
- Spiritual direction or guided reflection
- Stress Management Consult with Energy Medicine Treatment
- Relaxing Reiki with energy balancing
- Tailored Energy Medicine session

### A Thoughtful Pause

Your pair.

Your chosen practitioners.

Your time to unwind.

### Booking & Details

Investment: \$200 per pair

Schedule: First Thursday of every month, 9:00 am – 9:00 pm

Reserve your spot by contacting Hermitage Farm at 507-272-2528.

Advance registration and \$50 deposit required.