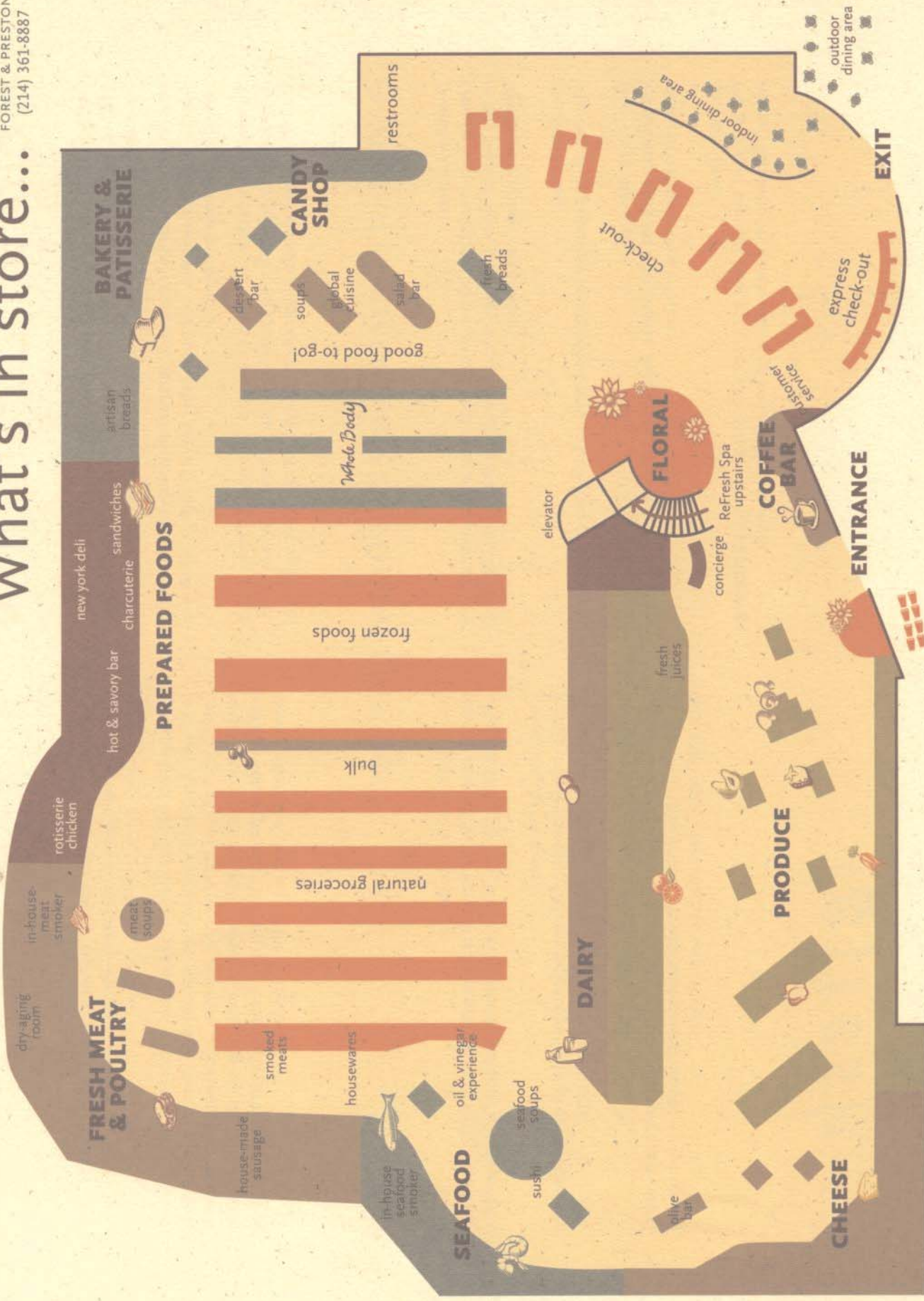


What's in store...



Nourish yourself inside and out.

Our new store has *everything you've asked for*, including expanded produce, meat and seafood sections, exciting new prepared foods venues, a concierge team for expanded customer service and a lot more parking.

We offer personalized wellness plans, personal shopping, event planning, catering and floral services, and many other services that go *above and beyond a traditional grocery store*.

Now we'll also satisfy your need to unwind. Our new *ReFresh™ Spa* is everything you expect from a full-service spa, backed by Whole Foods Market® quality standards. Linger and enjoy a *full day of relaxing treatments*

or choose one of our *time-saving "everyday escapes"* for pure and natural pampering right here in our store—the ideal place for those who crave convenience.

Our spa shop features the same all-natural and organic bath and body products our practitioners use, so you can take them home and make them a part of your daily routine. Nourish, rejuvenate and relax with soaps, lotions, potions and cosmetics, including *exclusive Dr. Hauschka and John Masters products*. We also offer luxurious organic cotton bedding, towels, robes and clothing for the whole family.

A taste of our refreshing treatment offerings:

Everyday Escapes

Choose from more than 30 treatments that relax and rejuvenate you in less than an hour, ranging from a five-minute hand massage to a 50-minute nutrition consultation.

Swedish Massage

A gentle, relaxing massage to help relieve tension and improve circulation.

Deep Tissue Massage

Reward your muscles with intense, focused techniques to reach knots locked in the deep muscle layers.

Busy Day Facial

You and your skin can beat the clock with this on-the-go pampering session that includes gentle cleansing and a balancing mask.

Dr. Hauschka Facial Treatments

Nourish your skin with a range of facial treatments featuring Dr. Hauschka, a line of holistic skin care products with healing plant and mineral extracts.

Manicures and Pedicures

Enjoy a unique non-toxic nail care experience. Nourish and protect your nails with all-natural products free of harsh ingredients.

Wellness and Nutrition Consultations

Consult with a registered dietician or an M.D. to check your health status, analyze your eating habits, create customized recipes and shopping lists, and create a personalized wellness plan.

refresh

The Everyday Spa
by Whole Foods Market®