



## Massage, Bodywork, Spa & Acupuncture

*By appointment only.  
Pricing reflects retreat discounts.*

Friday, Saturday and Sunday  
9-10:30AM; 11-12:30PM;  
1-2:30PM; 2:45-4PM

**Acupuncture:**  
60 minutes, \$60.00

**Steam, Sauna, and/or hot tub:**  
\$10.00 ea.

**Herbal wrap:**  
40 minutes, \$50.00

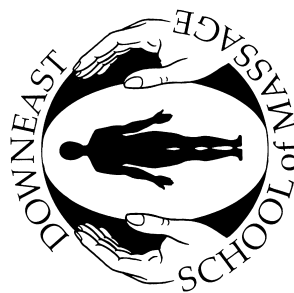
**Aromatherapy Body Wrap  
with Chocolate Fango Foot  
Treatment:** 60 minutes, \$65.00

**Relaxation Massage:**  
60 minutes, \$55

**Dimensional Massage Therapy:**  
75 minutes, \$70.00

**Revitalizing Shiatsu:**  
60 minutes, \$60

**R**educe your stress and add to the enjoyment of your retreat. We offer a variety of massage therapy and spa options. Combine your massage therapy with a soak in our hot tub, steam, cedar sauna, or with a spa treatment for the ultimate in luxury and relaxation.



### Downeast School of Massage

99 Moose Meadow Lane, PO Box 24  
Waldoboro, ME 04572

Phone: 207-832-5531

E-mail: [downeastmassage@gmail.com](mailto:downeastmassage@gmail.com)  
[www.downeastchoolofmassage.net](http://www.downeastchoolofmassage.net)

**To Register,  
Call or Email DSM Today!**

**A Retreat for  
Women  
at the  
Downeast School  
of Massage**

**Empowered  
Women:  
The Next Step in Life**



**March 2,3,4, 2012**  
**Friday Night: 6:30-9PM**  
**Saturday: 9AM-5PM**  
**Sunday: 9-11:30AM**

Join our holistic  
health-care professionals  
& experience the tools  
available to you for  
obtaining *Empowerment*.

## Empowered Women: *The Next Step in Life*

Our lives are complicated. We are mothers, lovers, partners, friends, chauffeurs, teachers, work-a-holics, authors, athletes, and more. There is nothing we can't do. We are women. Women face new challenges in each decade of life. Maintaining optimum health to appropriately deal with our stages of life, stresses of the day, and obstacles in our path is obtainable through self-care. This retreat weekend is designed to help you find those tools and empower your journey.



Join our holistic health-care professionals and experience the tools available to you with medicine, yoga, nutrition, Tai Ji and QiGong, acupuncture, healthy food, massage therapy and spa services. Friday night Dr. Mary Ashmore, Osteopath will host a discussion on “**Natural Perspectives for Women.**” Saturday begins with Melanie Burns, LMT, and “**Wicked Good Yoga**” followed by Eileen Molloy, Registered Dietitian, with “**Taking Charge: Nourishing Your Body Throughout Your Life.**” A teaching lunch will be orchestrated by natural food expert Susan Hamill. The afternoon will kick off with a class of **Tai Ji** and **QiGong** followed by the “**Benefits of Acupuncture**” with Louis Pontillo, LAc. Sunday morning will include a “**Wicked Good Yoga**” class and an “**Introduction to Juice Fasting.**”



Relaxation Massage, Dimensional Massage Therapy, Shiatsu, Acupuncture and spa services will be available all weekend at special retreat costs. The Spa menu includes: hot tub, sauna, steam bath, paraffin bath, herbal and aromatherapy wraps and a chocolate fango foot treatment. All bodywork, spa services, and acupuncture treatments are available by advance appointments.

**Join us at the Downeast School of Massage for an informative fun retreat and an empowered journey!**

### Mary Ashmore, DO

Co-owner of Midcoast Medicine, in Rockport, ME, Dr. Ashmore is a board certified Maine physician specializing in Osteopathic Family Medicine. She graduated from the University of New England, College of Osteopathic Medicine and did her residency at Central Maine Medical Center. Dr. Ashmore brings a complete approach to patient's health focusing on prevention and healthy lifestyles.

### Melanie Burns, LMT

An Associate Baptiste Power Vinyasa Yoga Teacher and owner of Wicked Good Yoga in Wiscasset, Maine, Melanie has practiced yoga and trained with Baron Baptiste for over 10 years. She is a graduate of Clark University with a BA in Psychology and a graduate of the Downeast School of Massage. Melanie created Wicked Good Yoga for the community and guests at the Snow Squall Inn, which she and her husband, Paul Harris, own and operate in Wiscasset, Maine.



### Eileen Molloy, MS, RD, LD

A Registered Dietitian specializing in nutrition education and counseling, she received a BS in nutrition from the University of Maine, Orono, and a MS from Pennsylvania State University. Eileen is a nutrition educator at Penobscot Bay Medical Center, where she counsels individuals on a wide variety of special diets, provides in-services to community-based programs, and teaches group classes.



### Louis M. Pontillo, MS, LAc

A student of East Asian philosophy and physical arts for nearly thirty years, he holds a BS in Professional Health Sciences, and an MS in Oriental Medicine. He is board certified in acupuncture, and licensed in the State of Maine to practice acupuncture and custom Chinese herbal formulas. Louis is an avid practitioner of the martial arts, and loves to share what he practices. He teaches Centering at DSM and lives in Montville with his family.



### Susan Hamill,

For 32 years, Sue has been studying and teaching natural cooking with an earlier emphasis on macrobiotics and, most recently, internal cleansing with live and raw foods. She has taught over a thousand classes while being a vegetarian caterer and private chef her entire career. Currently, Sue is a practicing colon-hydrotherapist at Camden Whole Health.



**Weekend Cost:** \$250, including Saturday lunch  
**Friday night discussion:** \$75  
**Saturday:** \$150, including lunch  
**Sunday:** \$25

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Call or  
email to  
register  
today!