

# Why I Love Body Basics

All the women here are experts at what they do AND they are very warm and friendly.

Body Basics nourishes my whole person – Body, Mind, and Spirit.

I love my Triple Treat days: massage, colonic and foot bath.

For me, it is money well spent. Who can put a price tag on the deep relaxation experienced? A clean, well-functioning GI system? Stimulation of lymph nodes? Ridding the body of toxins? Non-surgical face lift? And healing from traumas?

I've laughed. I've cried. Body Basics is like a 5-Star movie. It's a very "moving" (pun intended) experience.

To be quite frank - I love Body Basics. The women here are like the mother that I never had, yet they are professionals with good boundary-setting skills so I feel safe and nurtured.

Anita Shearouse  
Happy Customer  
1/11/08