

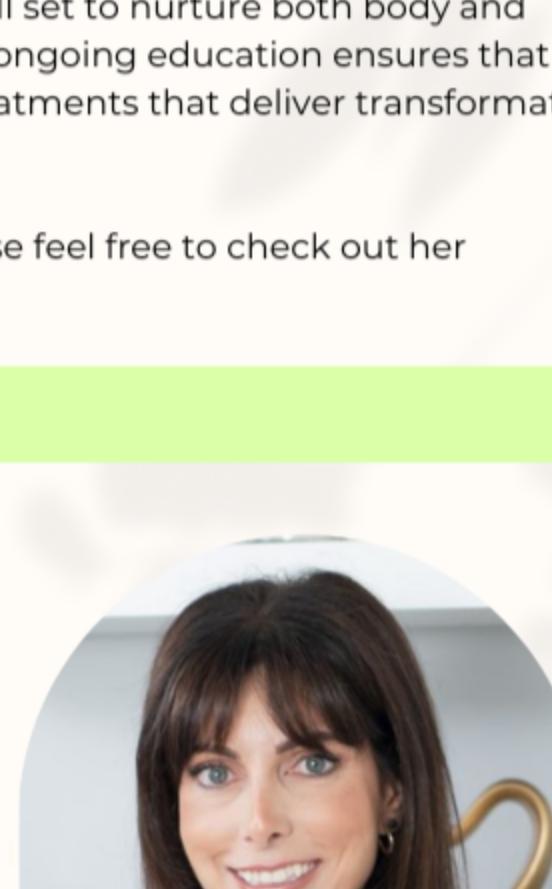
HYGGE ANNOUNCEMENT

Introducing Our New Wellness Experts: Andrea & Thais

We are thrilled to announce the arrival of two amazing new practitioners who are joining our team. Their passion for holistic health and dedication to your well-being make them perfect additions to our cozy and welcoming space.

Andrea Fairborn

Welcome Andrea, a dedicated practitioner specializing in holistic facial care. Andrea began her journey in 2007 and has since undergone extensive training in Facial Reflexology, bringing a wealth of expertise to her practice. She is skilled in Guasha, Kansa, Facial Cupping, Sculptural Face Lifting Techniques, Fascia Facials, and Buccal techniques. Named and nominated as one of the best facialists in the city, Andrea's passion for holistic wellness shines through in every personalized session.

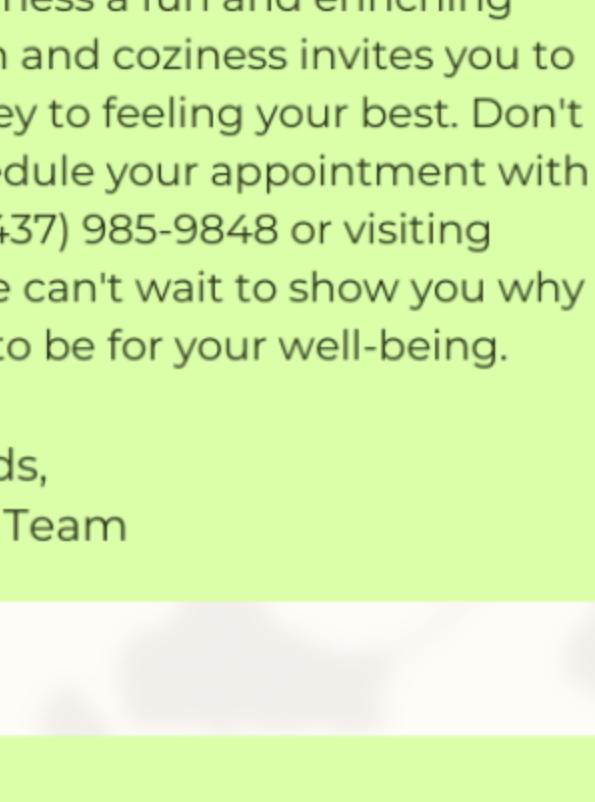


Andrea's holistic approach rejuvenates the skin and promotes overall well-being, tailoring each session to the client's needs: age, facial tone, and skin health. Her expertise in Facial Massage Aesthetics/Osteopathy and Reflexology ensures that she integrates a diverse skill set to nurture both body and spirit. Her commitment to ongoing education ensures that she offers cutting-edge treatments that deliver transformative results.

For more information please feel free to check out her Instagram @apurefacialist.

Thais Alvs

Introducing Thais Alvs, a skilled practitioner specializing in lymphatic drainage and sculpting massage for both body and face. Born in Brazil, Thais has earned impressive collections of International and Canadian certifications, all to further her passion for well-being and beauty maintenance. Certified in the Renata França Method from Brazil and the Dr. Vodder School of Manual Lymph Drainage (MLD), Thais combines advanced techniques to enhance contour and promote detoxification, bringing a comprehensive approach to wellness.



She has spent years specializing in Lymphatic Drainage Massage and developed a signature technique: The Lymph Touch. This customized approach combines precise form and relaxing pressure with exclusive maneuvers, delivering immediate results such as reduced edema, improved circulation, and enhanced overall wellness. Thais specializes in supporting the brain's glymphatic system to reduce brain fog, enhance memory retention, and improve sleep. She also focuses on holistic care, addressing stress management, fertility support, and overall brain health with specialized techniques.

For more information please feel free to check out her Instagram @thelymphtouch.

At Hygge, we believe in making wellness a fun and enriching experience. Our atmosphere of warmth and coziness invites you to relax, unwind, and truly enjoy the journey to feeling your best. Don't wait to start your wellness journey. Schedule your appointment with Andrea or Thais today by calling 1 (437) 985-9848 or visiting <https://hyggewell.ca/> to book online. We can't wait to show you why Hygge Wellness Centre is the place to be for your well-being.

Warm Regards,
Hygge Wellness Team

Get 15% Off Your First Booking!

Discover holistic wellness with our expert practitioners. Book your first session with Andrea or Thais and enjoy 15% off. Rejuvenate your skin and body with our specialized treatments today! Does not apply to existing promotions.

STAY TUNED FOR
GREAT THINGS
AHEAD!