

# Hillel Yeshiva's Spa Day

**H**illel Yeshiva sponsored "Spa Day" at the Aquamedica Spa, in Pier Village. All worries diminished as guests entered the tranquil paradise.

The day started off bright and early with exercise classes and Yoga and Pilates classes with Lisa Larkin. Then there was a full body workout class with Mary Lyons. This high-energy start to the day put all of the guests into an energetic and feel good mode.



*Cathy Ades and Carolyn Dweck were pampered by Aquamedic Spa professionals*

There were various spa related speakers that added an educational aspect to the day. A certified nutritionist from Deans Natural Foods spoke about eating healthy (and kosher of course). A makeup artist from MAC gave a demonstration of how to apply makeup that will enhance each of our unique needs. Dr. Fred Ezon spoke about looking and staying young.

In addition to exercise programs and lectures, the Hillel Yeshiva guests were also treated to a choice of Spa Treatments.

We would like to give a big thanks to Carolyn Dweck and Samantha Harary for their decorating expertise and Vicky Shamah and her committee for all of their hard work, as well as Aquamedica for the hospitality and assistance in making this day a huge success.

Hillel Yeshiva's Spa Day was truly a feel good day for all of the ladies who attended. Hillel Yeshiva strives to create innovative programming to boost school unity as well as raise necessary funds to enhance the education of our youth. □



*Dr. Frederick Ezon explained non-surgical facial enhancements*



*Tara Gravano, a makeup artist from MAC Cosmetics, demonstrated some techniques on Violet Galapo*



*Stephanie Matut, Vivian Massry and Vicky Shamah enjoyed the relaxing day*