

About us!

Sisters Barbara and Debbie Beausejour are the visionaries behind Sejour Body Bar Wellness Spa, a premier destination for aesthetic wellness on Florida's Treasure Coast.

With a shared belief in the science and beauty of aging gracefully, they specialize in creating elevated, customized experiences that honor the individuality of each client. At Sejour, luxury is personal—and wellness is a lifestyle.

What's new?

August -National Wellness Month

August is National Wellness Month, and at Sejour, we're inviting you to slow down, restore your balance, and embrace rituals that nourish you from the inside out.

From glow-inducing treatments and our new facial + massage bundle, to detoxifying sauna sessions and clinical-grade supplements, this month is all about turning self-care into your most radiant ritual yet.



WELLNESS IS THE REAL *Glow Up!*

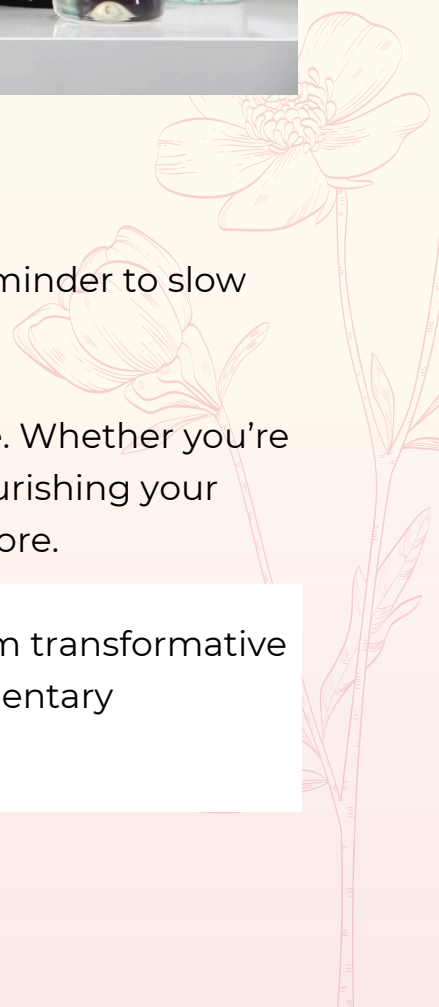


Hello Sejour Babe,

Welcome to National Wellness Month — your official reminder to slow down, refill your cup, and prioritize you.

At Sejour, we believe beauty is the byproduct of balance. Whether you're resetting your skin, calming your nervous system, or nourishing your body from within — this month is about rituals that restore.

We've curated everything you need to glow deeper: from transformative new services to wellness-enhancing tools and complementary treatments. Let's turn your self-care into a sacred habit.



THIS MONTH'S FEATURED *Treatments*

New Service Spotlight:

The Ultimate Facial + Massage Combo - \$249

We're so excited to introduce Bri
Our new Licensed Massage Therapist +
esthetician — and let's just say: her hands are
magic.

BOOK NOW



Infrared Sauna Therapy

Say hello to your detox ritual in the most luxurious form

Our private infrared sauna uses gentle, penetrating heat to flush toxins, reduce inflammation, and boost natural collagen production — without the overwhelming steam of a traditional sauna.

Benefits Include:

- ✿ Glowing, clearer skin
- ✿ Muscle recovery & pain relief
- ✿ Better sleep & stress relief
- ✿ Immune and lymphatic support

Add it before or after any treatment — or book as a solo session.

Facial + 60 Minute Full Body Massage

This deeply restorative treatment includes:

- ✿ A custom hydrating Sejour facial
- ✿ Focused massage on the jaw, neck, and scalp
- ✿ Aromatherapy + intuitive touch techniques

Whether you're carrying stress in your shoulders, tension in your temples, or just craving peace — this one's for you.

Client favorite already — book early!



WELLNESS ISN'T A LUXURY

It's Essential

Touch as Medicine

Sometimes, you don't need a prescription — just a long exhale and a set of healing hands.

Facials, massage, lymphatic drainage — your nervous system will thank you.

Detox Daily

Support your body's natural detox pathways through movement, hydration, sauna sessions, and skin-friendly supplements.

Stack Small Habits

One glass of water. Five minutes of breathwork. A nightly serum. It all adds up — and you're worth the consistency.



SEJOUR SIP OF THE MONTH

The Glow Green Refresher

Hydration meets skin nutrition in this anti-inflammatory cooler:

Ingredients:

- ½ cucumber (sliced)
- Juice of ½ lime
- Handful of mint leaves
- Chilled water + honey (optional)
- Ice

Blend. Pour. Sip. Repeat.

Perfect post-sauna or after your massage with Bri.

**Book Your Wellness
Month Experience**

Appointments for August are filling quickly — don't wait to claim your wellness ritual.

📞 **Call or text: (772) 800-7784**

🌐 **Book online: sejourbodybar.com**

✨ Mention this newsletter and receive a complimentary 15 minute sauna upgrade when you book Bri's combo facial + massage!

With radiant intention,
Barbara, Debbie & The Sejour Team
Where Radiance Meets Ritual



RECIPE COURTESY

Fresh Fusion Juice Bar

- @FRESHFUSIONPSL 1334 SW BAYSHORE BLVD