

# *Aproma Studios*

## NEW YEAR! NEW YOU! CLEANSE.RESTORE.TRANSFORM

Is your New year's resolution to lose weight, get fit and eat healthy?  
Do you want to remove stress and toxins from your life?  
Join us to learn how to turn your resolutions into reality with  
KRYSTAL ROSS [thevitalmama.com](http://thevitalmama.com)

Where: APROMA STUDIOS, 12 Roosevelt Ave, Mystic CT  
When: Saturday, January 2, 2016 at 10:00am

# FREE!

### You will learn:

- Why Thevitalmama program is different than a typical "detox"
- How to Cleanse Your Body, Mind, Spirit, Home & Office After the Holidays
- The Benefits & Necessities of Cleansing
- The Do's & Don'ts of Cleansing: Your Questions Answered
- How to Maintain Vibrant Health After a Cleanse & All Year Long

**SPECIAL PACKAGES INCLUDING A CUSTOMIZED CLEANSING PROGRAM, MASSAGE THERAPY AND PILATES AVAILABLE FOR THOSE IN ATTENDANCE.**



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**Krystal Ross** Certified Nutritionist & Wellness Counselor, Reiki Practitioner, Licensed Esthetician  
[thevitalmama.com](http://thevitalmama.com)

**Please RSVP:** [thevitalmama@gmail.com](mailto:thevitalmama@gmail.com) or [lori@apromastudios.com](mailto:lori@apromastudios.com) (860) 536-6291