



Retreat Self-Care

330 N. Brand Blvd. Suite 220 in the downtown Business District of Glendale.

Don't you wish there was a "time out" for grown ups? Imagine pulling your chair away from the desk, curling up on a little mat on the floor and not getting fired. Welcome to Retreat Self-care, the first grown up "time out" destination. Retreat Self-Care is a unique membership based rest and relaxation center designed for today's urbanite on the go. Kind of like the anti-gym, members visiting this innovative oasis will be able to enjoy a variety of services utilizing state-of-the-art equipment designed to invoke a sense of peace and restfulness before returning to one's busy day.

Take a POD Power Nap which consists of a 20-minute nap in a private "napping pod" designed for rest and relaxation. Napping Pod??? People, this is the future. Ergonomically challenged? Perhaps you need to take a load off in a Zero-Gravity Chair. Every part of the body will feel restored while enjoying the feeling of weightlessness in these chairs inspired by the NASA "perfect position". You'll need to go just to feel what it's like to sit in a "perfect position". And then sadly, every other seated position will be glaringly imperfect for the rest of your days. You'll become a modern day princess and the pea. But I digress. There's more.

You can sit in a Luxury Massage Chairs or try the full body dry hydro-massage where a massage capsule massages the full length and sides of the body while the user remains clothed and dry. I saw one of these in a shopping mall and it totally freaked me out because I am totally claustrophobic. I suggest all claustrophobics go with the zero gravity chair.

Retreat Self-Care is open from 9am-6pm, Monday-Friday. Members are able to self-schedule services convenient to their work schedule using an online reservation system.

www.retreatselfcare.com