

WRHA Staff Appreciation and Recognition (StAR) Employee Discount Program



POCCA POCA SPA

JAPANESE GANBAN-YOKU

岩盤浴

3 – 840 Waverley Street

is pleased to offer the following discounts

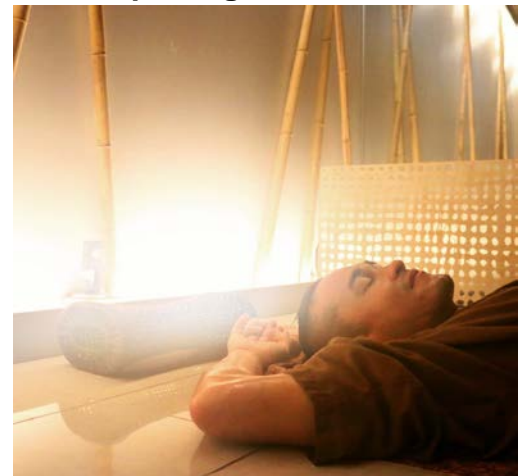
Option A: 3 x 60min Ganban-yoku for \$115 (regular \$135)
(This is shareable with your family and friends.)

Option B: Book Two regular Ganban-yoku + Massage package and receive upgrade to Private Ganban-yoku room for FREE (\$30 savings)

*(One massage is booked with RMT you can claim the massage to insurance. We offer a direct bill massage therapy to MB Blue Cross. At the time of booking please have your Blue Cross number ready if you wish to use direct bill. *Japanese Shiatsu massage cannot be claimed to insurance)*

**All options above cannot be combined with any other discount or package deal.
Options A and B cannot be purchased for a gift**

Ganban-yoku (Mineral Stone bed Bathing) is brought to you directly from Japan. The most relaxing and peaceful way to detox and heal the body & mind. Wearing Kimono attire, lay on the gently heated mineral stone beds releasing Far-infrared rays. The stones slowly and gradually warm the body from the organs. By the end of the session, it feels like you were bathing in the hot spring. The deep, gradual warmth enhances the natural detox through the liver & kidney, sleep like a baby, strengthen the immune system, and relieve muscle & arthritis pain. All while laying down, feeling the "Ahhh."



The Ganban-yoku can be enjoyed by itself or combined with the massage therapy to further loosen the muscle tensions.

Please visit our website for more information www.poccapocaspa.com

Instagram: www.instagram.com/poccapocawpg/

Facebook: m.facebook.com/poccapocawpg/

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Discount Program Contact: Dana Whyte, dwhyte@wrha.mb.ca, 204-787-2743