

HOLIDAY SERVICES GUIDE

Grace & Savor, LLC

Scalable, full-service Catering & Culinary Consultancy Services



Grace & Savor, LLC

Miya Pack is the Founder and Executive Chef of Grace & Savor, LLC, based in Philadelphia, PA. Her interest in the culinary arts began in childhood, and she was putting together full meals under supervision by age seven. Her love and respect for all things plant-based also came during this time and she was a self-assigned vegetarian for many of her younger years.

During her early twenties, traveling from East to West Coast while enlisted in the Navy, Chef Pack discovered the bounty of California farmer's markets. They are diverse and culture-rich, and she lived the practical and simple "farm-to-fork" concept every day. When her enlistment ended, Chef Pack returned to the East Coast and was saddened by the drastic change in her access to quality, healthful foods. She wondered: "What chronic illnesses, like diabetes, are ailing inner city communities in food deserts with no access to fresh produce?" This curiosity and desire to help others, brought Miya Pack out of the home kitchen, and into the professional world of being a Chef.



Since 2012, Chef Pack has cultivated her love for food, and care for others' health, beginning with a pop-up shop and growing into the brand that is Grace & Savor today. Chef Pack's specialties include commercial kitchen management; private chef services; corporate and formal event catering; and much more.

For additional information, please call Grace & Savor, LLC at 215.800.8323; email: admin@graceandsavor.com; and visit Instagram: @graceandsavor.



Ultimate Indulgence of Mind and Body at Glow Skin Boutique & Spa in Phoenixville

Glow Skin Boutique Spa is a cozy and rejuvenating day spa located in the heart of downtown Phoenixville. Whether you are looking to unwind and relax, or you are looking for specialized skin care treatments, Glow Spa has become the go to place. Glow's services include the healing Ayurveda Facials including Shirodhara, the Hydrodermabrasion Facial in combination with an Oxygen Infusion treatment for people looking for focused skin care routine and these new treatments gives an even skin tone and induces peptides, antioxidants and brightening serums truly leaves your skin radiant. Dermaplaning and Microneedling is also offered. Other treatments include vitamin C facial, diamond peel microdermabrasion and a variety of body wraps and treatments, waxing, and much more!

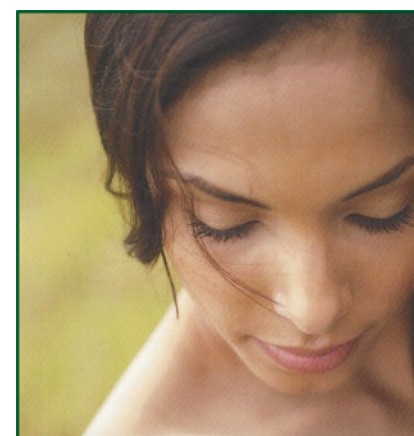
As part of an ongoing effort to make self-care a necessity, Glow has also made the massage services affordable to everyone. All massage services are the same price.

On your feet all day? Consider a 30-minute foot soak. Freshly handmade by Glow Spa's therapists upon your arrival, they come out to you in a large hand-hammered bowl and are made with clean, nourishing ingredients. Glow Spa's foot soak services include a warm agave oil massage, followed by hot stone massage with shea butter. Following that up with a honey-based serum wrap as a treatment for your feet, brushing the serum on dry heels and toes and drying of feet to ensure a lasting, silky soft feel.

Glow Spa offers a wide array of services including Facials, Massages, Medical Treatments, Meditation, Foot Soaks, Body Wraps, Waxing Services and its award-winning Spray Tans. Regardless of the services offered, there is

no compromise on the products used or the level of customer service they provide. All products are organic, natural and exclusive.

Glow Skin Boutique is located at 321 Bridge Street, Phoenixville, PA 19460. For additional information, please call 610.457.4447 and visit them online at www.glowboutiquespa.com.



Facials • Waxing • Massage
Medical Treatments
Airbrush Treatments
Body Therapies • Spa Packages

321 Bridge Street
(rear entrance)
Phoenixville, PA 19460

610-457-4447
info@glowboutiquespa.com
<http://glowboutiquespa.com>

Luxury Salon: where you will feel unique and special.

- * Manicures
- * Pedicures
- * Facials
- * Lash Extensions
- * BOTOX
- * IV Infusion
- * Lash Lift/Tint
- * Eyebrow Lamination/Tint
- * Waxing
- * Lomi Lomiadd your text
- * Microblading/Microshading

And much more.....

[TRE SPA]

youdeservetrespaspa.com
TRE SPA APP

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420 Schuylkill Rd
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