## About Regina

Welcome to Spa Adagio Holistic Wellness Center, 25 years in business since 1999

Where our commitment to your well-being continually expands. Founded by Regina Schneider, a nurse and holisic massage therapist and LMT since 6/1999. Where our commitment to your well-being continually expands.

Regina fosters a nurturing atmosphere, guiding clients to slow down, relax, and reevaluate their lifestyles including sleep.

A consultation with Regina includes a comprehensive overview do includes a comprehensive overview of includes in a comprehensive overview of actions in includes a comprehensive overview of actions in our several way. It is a few parts of the format of the

Married to the renowned medical doctor, visionair, founder and expert in sleep medicine Regina is on the road with him since 1988 when sleep medicine was still in its Kinderschuhe/beginnings.

Regina's holistic approach extends beyond sleep, encompassing massage therapy, exercise, stretching, and relaxation techniques like breathing. Yoga and more. These personalized recommendations will help you slow down and embrace a healthier, happier lifestyle.

SEE YOU SOON!

## Pictures of Spa Adagio



























