

Breast Cancer Recovery Through Health and Wellness



At Breast Cancer Partner, we aim to help you make informed choices for breast cancer recovery through health and wellness.



Wellness is an approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing the treatment of a disease. Wellness is a holistic concept that takes into account the “whole person” and not just your vital signs or physical aspects of your health and recovery from breast cancer. Your wellness begins with a conscious decision to create a healthy lifestyle that exists on a continuum unique to your individual situation, and is about you assuming responsibility for the quality of your life.

Wellness is a mind set, or a predisposition to focus on a variety of your life areas that lead to high levels of well-being and life satisfaction. Your wellness is not one thing; it is achieved by a combination of emotional, environmental, mental, physical, social, and spiritual health.

Keeping all these factors in mind, wellness then is an active process of becoming more aware of and making choices toward a more successful existence, and there are a variety of ways in which you can manage your wellness. You can begin by altering your lifestyle, changing your diet and exercise patterns or attending a wellness spa.

Wellness spas are designed to help you explore ways to balance your mind, body, emotions and spirit. Typically in this process, you directly experience the benefits of relaxation, rejuvenation and the development of new life skills you can utilize to achieve a greater sense of healthy living and optimal wellness.

You can select the wellness spa of your choice from below:



Detox and Cleansing Wellness Spa: **Sanoviv Medical Institute** is a holistic hospital an hour south of San Diego in Rosarito, Mexico, and offers a one or two-week detoxification and regeneration programs overseen by a medical doctor, nutritionist and detoxification specialists.



Holistic and Wellness Spa: **Yaxkin Spa, a Maya Holistic Eco-Wellness Center** offers ancient Mayan healing traditions, holistic wellness care, and medicinal rituals that renew the vital energy fields of the physical, emotional, and mental bodies; as our soul unites with nature and the senses are soothed by Mother Nature's most healing elements.



Detox and Wellness Spa: **We Care Spa** is a detox spa, where guests go on a liquid fast and get daily treatments to flush toxins. Is in the Desert Hot Springs and offers spa treatments such as lymphatic massages, yoga, and meditation classes..

Full Web article at: http://breastcancerpartner.com/wellness_spas.shtml
Ways to help you enjoy life: <http://breastcancerpartner.com/reenergize.shtml>