



WONDERFULLY WELL

HEALTH OF MIND, BODY & SPIRIT IS IMPORTANT.

EMBRACE INNER AND OUTER WELLNESS IN COLUMBIA.

300 S Providence, Columbia, MO 65201 | VisitColumbiaMO.com



Start your journey for overall wellness with a healthy and delicious breakfast at **Range Free**. Their entire menu is organic and locally sourced, and visiting the bakery is a must!

Make your way over to **Clarity Float Spa**, a haven for relaxation and restoration. Featuring floating pods, an infrared sauna, massages and more, you will leave with feelings of clarity and tranquility.



Visit **Makes Scents** where you can make your own fragrances. From bath and body to aromatherapy, you will find everything you ever wanted and more when it comes to fragrance necessities.

Take a break for lunch at **Main Squeeze**. Their menu features soups, salads, sandwiches and wraps that are an inspiration to clean eating. Be sure to leave with a smoothie in hand!



Treat yourself to a full wellness experience at **Regeneration Salon & Spa+ Wellness**. Find essential oils, health coaching and a variety of classes all dedicated to enhancing wellness in your lifestyle.

After a full day of restoration, end it at **Sycamore**. Indulge yourself in their diverse menu and eclectic wines, craft beers, cocktails and local art.



@VisitColumbiaMO



@VisitColumbiaMO



@VisitColumbiaMO