



Newsletter – OCTOBER 2025

Growing Together in Gratitude

Dear Thermal Horizons Family,

This past month has been one of the most meaningful times we've shared together, and I want to thank each of you who joined our community during **September's Ovarian Cancer Awareness Month**. The energy in the studio was filled with compassion and connection, and it reminded me why Thermal Horizons exists—to bring people together in ways that truly matter. I am so grateful for every person who walked through our doors and became part of this growing family.



September also brought our annual **Yoga Retreat in beautiful Mexico**, and I am still inspired by the magic we experienced there. To see friends from so many different walks of life come together—moving, breathing, laughing, and healing side by side—was something I'll carry with me forever. These retreats remind me that yoga is not just about what happens on the mat, but about how we open our hearts to connection and transformation. I am thrilled to share that our **2026 Retreat is already on the books!** If the call to join is tugging at you, I encourage you to stop and talk with Olga, Elizabeth, or any of our seasoned retreat goers. They'll be happy to share their experiences and help you imagine yourself in the sunshine with us.



This month, I am especially excited for you to read about **Tiffany Broussard, LE from Haus of Skin Alchemy**, who is featured in this newsletter. Tiffany has quickly become an integral part of our Thermal Horizons family, bringing her expertise in lymphatic drainage and aesthetics into our new wellness space. Personally, I am in awe of her calm presence, her artistry, and her dedication to helping others feel and heal in profound ways.



As we move into the final months of the year, I feel deeply inspired by the ways our community continues to grow. Each new connection, each shared practice, and each step forward reminds me that this work fills me with joy and purpose. It is an honor to hold this space alongside you.

With gratitude and love,

Jaime



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Tiffany Broussard:



Building Community and Transforming Wellness

When you walk into the newly expanded Thermal Horizons space, one of the most calming presences you'll encounter is **Tiffany Broussard, Licensed Esthetician and founder of Haus of Skin Alchemy**. Her path into aesthetics and holistic wellness was anything but linear, and that's exactly what makes her story so inspiring. Tiffany reminds us that being open to shifts in our dreams can lead us to something even greater than what we imagined.

From Nursing Dreams to Skin Alchemy

Tiffany always knew she wanted to help people. For years, she believed that path would be through nursing. She completed prerequisites, prepared for school, and thought medicine was her future. But over time, she realized that the system she hoped to heal within was also deeply tied to cycles of over-prescription and dependency. "I wanted to help," she shared, "but I felt like I was contributing to a larger problem."

It was almost by accident that she discovered aesthetics. Supporting a friend who was enrolling in esthetics school, Tiffany tagged along for a tour, and something clicked. The world of skin health, touch, and transformation sparked a curiosity in her that grew into a calling. Soon after, she was training, apprenticing, and eventually opening her own space.



She launched **Haus of Skin Alchemy** with the vision of creating a mini-wellness center—one that could bring people together in healing, beauty, and community. That vision is exactly what she has found within Thermal Horizons.

Finding Community at Thermal Horizons

When Tiffany met Jaime and Ben at Thermal Horizons, she felt an immediate resonance with their vision. She had worked hard to build her own business, even opening a storefront and pouring her heart into the space. But as life shifted—through divorce, stress, and the challenges of going it alone—she began to realize that community was what she had been seeking all along.

"At first, downsizing felt like a step back," she explained. "But in truth, it was a leap forward. I never wanted to be 'the boss.' I just wanted to be part of something bigger than myself. My whole goal was to create community, and if I couldn't create it on my own, I wanted to join one that already existed. That's what Thermal is for me."

Today, Tiffany says Thermal Horizons feels like her home away from home. She's formed close friendships, found professional collaboration, and created space for her clients within an environment dedicated to collective wellness. "We all support each other, refer to each other, and lift each other up. I don't think I would be where I am today if I wasn't here."

The Magic of Lymphatic Drainage

While Tiffany offers multiple services, she is especially known for her **lymphatic drainage treatments**—a service that's not only deeply relaxing but also profoundly supportive for overall health.



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The lymphatic system is responsible for flushing toxins, reducing inflammation, and supporting immune function. In today's world, where stress and stagnant lifestyles are common, lymphatic drainage can restore balance, improve circulation, and leave clients feeling lighter and more energized.

For those who practice yoga, lymphatic treatments are an ideal complement. Yoga encourages movement, circulation, and the release of stored tension; lymphatic drainage amplifies that by supporting detoxification and calming the nervous system. As Tiffany explains, "It's a way of helping your body process and heal so you can move through life with more ease."

My Experience at Haus of Skin Alchemy

As the writer of this newsletter, I had the pleasure of experiencing Tiffany's artistry firsthand. I scheduled an eyebrow shaping and coloring service—a simple treatment, but what stood out was the atmosphere she created.

Her space at the studio is serene and welcoming, infused with the same calming energy Tiffany carries in conversation. Even during something as traditionally uncomfortable as waxing, I found myself so relaxed that I almost fell asleep. It was a top-notch experience, and it reminded me how important it is that Thermal Horizons continues to grow into a multi-dimensional wellness space.

Tiffany's touch, professionalism, and genuine care made me feel not just polished but truly cared for.

Lessons in Letting Go

Tiffany's story is one of resilience, but more importantly, it's about surrender. She admits she's always been someone who wants control, who makes plans, who works tirelessly toward a vision. But life has repeatedly taught her that

letting go of what no longer serves us, even if it once felt like a dream, opens the door to something richer.



"Every time I've let go," she reflected, "I've been rewarded. It's scary, but I try to remind myself of the pattern: if I release control and flow with life, the next step always shows up."

That mindset, paired with her devotion to helping others, is what makes Tiffany such a vital part of Thermal Horizons. Her presence is a reminder that our dreams don't always unfold in the way we expect. Sometimes, what feels like a detour is actually the exact road we're meant to take.

A Growing Role in Thermal Space

As Thermal Horizons expands into its new offerings, Tiffany is front and center in shaping what this next chapter looks like. Her blend of aesthetics, lymphatic expertise, and community spirit brings something unique to the table.

Her clients don't just walk away with glowing skin or a healthier body—they leave feeling seen, supported, and more deeply connected to themselves. And in a wellness space dedicated to mind, body, and spirit, that's exactly the kind of alchemy we need.

Trails and Triumphs of a Newbie Yogi



Episode 4: The Unexpected Benefits Zen, Snacks, and Self-Discovery

Jill had entered the yoga world expecting toned arms, inner peace, and possibly enlightenment.

Instead, she got bruised knees, a mat that moved like it had free will, and a guy who winked too much.

And yet... something had changed.

The Calm Before the Snack

After a month of yoga classes, Jill realized she wasn't falling over as much. She no longer checked the clock every 3 minutes or fought with her mat like it owed her money.

Even Happy Baby Pose—formerly known as Existential Crisis Pose—felt a little less weird.

But the biggest shift?

She started looking forward to class.

There was something oddly magical about arriving frazzled from work and leaving feeling like a sleepy noodle dipped in lavender oil.

Even if she still couldn't do crow pose without resembling someone losing a fight with gravity, she'd found joy in just showing up.

Zen Happens in Weird Places

It was during one particularly chaotic class—complete with a playlist featuring whale sounds, wind chimes, and what Jill swore was a didgeridoo—that the instructor said something that stuck:

"Yoga isn't about touching your toes. It's about what you learn on the way down."

Jill blinked.

Huh.

She'd spent so much time worrying about doing it "right" that she hadn't noticed she was doing it at all.

It hit her later, while sprawled in Savasana with her arms flung out like she was making a sweat angel on her mat. Yoga hadn't made her a goddess. It had made her... a little more okay with herself.

That was bigger than abs.

And Then There Were Snacks

After class, Rachel (bun enthusiast and fellow yoga survivor) pulled out a small container.

"Want a peanut butter oat ball?"

Jill blinked again. "That's... the most wholesome snack I've ever heard."

They sat in the parking lot, munching quietly, watching other yogis glide to their cars like tired woodland spirits.

Jill felt oddly content.

She'd joined yoga for physical transformation.

What she got was:

- Unexpected friendship
- Inner calm
- A surprising appreciation for snacks made with chia seeds

And, okay, her hamstrings still screamed during forward folds. But they screamed less.

Takeaway

Sometimes, the biggest wins aren't in perfect poses—but in learning to breathe, laugh, and say yes to peanut butter oat balls.

💬 **What Surprised You About Starting Something New?**
Whether it was yoga, salsa dancing, or that one time you tried CrossFit and couldn't sit down for three days—share your unexpected wins. We'll laugh with you. Not at you. (Okay, maybe a little at you.)