

# Menu of Services

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## Massage Therapy

Neuromuscular Therapy\* Lymphatic Drainage Massage\* Swedish Massage

30 minutes \$45

Massage Therapist applies a variety of massage modalities listed above based on your requested goals, prior history, and issues presenting at the time of service. This time increment allows therapist work in 1-2 specific areas. Example might be: thorough neck and surrounding area, or lower back and hip, or relaxation neck and back. Additional issues presenting will require more time for greatest effectiveness.

45 minutes \$65

Massage Therapist applies a variety of massage modalities listed above based on your requested goals, prior history, and issues presenting at the time of service. This time increment allows therapist to work in 2-3 specific areas with surrounding areas to support overall results. Example might be: neck and shoulder with relaxation back, or lower back and hips with additional work in legs, or relaxation neck, back and legs.

60 minutes \$75

Massage Therapist applies a variety of massage modalities listed above based on your requested goals, prior history, and issues presenting at the time of service. This time increment allows for a full body relaxation massage along with doing therapeutic Neuromuscular therapy in 1-3 areas as mentioned above. Also time allows for more pampering such as scalp and face, hands and feet. Gaining a full body massage is the best way to effect the sympathetic nervous system allowing for the greatest relaxation and stress reduction in combination with therapeutic work.

90 minutes \$105

Massage Therapist applies a variety of massage modalities listed above based on your requested goals, prior history, and issues presenting at the time of service. This time increment allows for a more thorough full body relaxation massage along with doing therapeutic Neuromuscular therapy when several areas are presenting, more thorough application to joint mobility, and the surrounding areas that otherwise would not be afforded given time limitations and this is the best massage to utilize when one wants the combination of therapeutic work, relaxation/stress reduction, and pampering such as scalp and face, hands and feet.

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## Belavi` Face Lift Massage

Mini=30 minutes \$50

Full = 70 minutes \$90

Slip into deep relaxation while enjoying the soft music, soft lighting, and the trickling water fountain. Your Therapist will, prepare your face and decollate with hot towel wraps, cleanse and exfoliate, then apply the most effective layer of the Belavi, the stimulating facial massage, finishing with a hydrating honey mask and hydration cream

This full Belavi service includes everything mentioned and then steps it up by adding a 2<sup>nd</sup> mask specific to your needs, finishing with hydration cream and your choice of harmonizing Reiki Treatment or relaxing massage to hands, feet, or scalp. Consider layering your treatment with an Aroma add-on and/or a hydrating hair mask.

## Energy Therapy

30 minutes \$50

45 minutes \$65

The duration of this time increment is intended for either a quick pick me up or for 1-2 specific goals. Your Energy Therapist guides the session based on experience, intuition, and the goals you present upon arrival. Snuggle under a blanket, enjoy the soft music and soft lighting, the trickling of the water fountain and let the Therapist guide you through breathing, letting go and allowing yourself to be receptive.

The addition of time for this session allows either more thorough intuitive work on 1-2 specific goals or quick work to be directed towards a 3rd goal. Your Energy Therapist guides the session based on experience, intuition, and the goals you present upon arrival. Snuggle under a blanket, enjoy the soft music and soft lighting, a trickling water fountain and let the Therapist guide you through breathing, letting go and allowing yourself to be receptive.

60 minutes \$80

75 minutes \$90

### Energy Harmonizing

The addition of time for this session allows for thorough intuitive full- body, mind and spirit application of Reiki that supports your healing process. Your Energy Therapist guides the session based on experience, intuition, and the goals you present upon arrival. Snuggle under a blanket, enjoy the soft music and soft lighting, a trickling water fountain and let the Therapist guide you through breathing, letting go and allowing yourself to be receptive.

This is a very specific application of energy therapy that includes several steps, the utilization of Reiki, Pranic, and other energy tools well respected in the industry. Therapist begins with tuning into your higher-self, and cleansing of your Aura. Therapist balances chakras using Reiki and gemstones, and goes through a full body Reiki session. In the final steps Therapist encourages a clearer energetic connection with your higher self, grounding, encouraging your physical, emotional, mental, and spiritual "bodies" to be in tune with the higher-self, assisting in total harmony.

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## Add-On treatments

Layer in additional therapies during your table time, further impacting your healing process.

### **Aromatherapy Treatment \$5**

Choose from aromatic blends that help with the specific results you are looking for. They are applied to your hands and feet and are taken in via inhalation during the massage. See “options” and descriptions below.

### **Leave in Hair Mask \$10**

Therapist massages top quality all natural, nutrient rich infused oils and hydrating aromatic essential oils thoroughly into your hair and scalp finishing with relaxation scalp massage. Plan to leave in as long as you like before washing it out at home for softer and healthy hair. This product was formulated with oils proven in studies to improve shine and softness, balance oils for all types, to heal dry flaky scalp, improving depth, strength and number of follicles. A superb product even by my own high standards.

### **Therapeutic Hand or feet Treatment \$10**

Choose from Hydration Cream formulated to fully hydrate, heal, and support your body’s natural oil production to come into balance, or Therapeutic Hand Cream to penetrate deeply into your joints and soft tissue reducing pain and improving mobility. Your hands and feet are saturated with all natural Cream and wrapped in heated mitts for a thorough hydrating and healing treatment.

### **Mini Harmonizing Energy Treatment \$10**

Your Massage Therapist will apply Reiki therapy to any service you are receiving, allowing additional layers of therapy during your table time to increase the supportive impact.

**Transformation**-Choose this blend if you are facing some life challenges be it personal relationship, work or home related, or somewhere in between. The oils chosen are reported to have a harmonizing effect to your energy, supports a deeper inner wisdom, supports your healing and moving through times of transition of any kind including grief or dysfunction, self-destruction, even addiction. They are reported to help cut ties with past and for those who feel emotionally or spiritually stuck, helps to move forward.

**Grounding**-Choose this blend if you are feeling anxiety, if your thoughts are everywhere or racing, if you want to feel more connected to your center. The oils chosen in this formulation are reported to bring calm and centeredness, and are fortifying and harmonizing to the body’s Qi. They help to reduce anxiety and nervous tension and provides calming especially when mentally fatigued. They bring an immovable strength that connects to Mother Earth.

**Meditative**- Choose this oil if you are wanting to have a deeper connection to your higher-self, or have a meditative experience. This blend can support any meditation you are working on your own time and deepen your quiet time on the table. The oils chosen are reported as being balancing, grounding, and being calming without causing drowsiness. It deepens and slows the rate of respiration bringing you to a meditative state. I chose oils that both open the crown chakra, allowing for greater connection to your higher-self while also opening the heart chakra which allows back and forth flow of love. All working in harmony to support the body mind and spirit into the receptive space for meditation

**Revitalizing** is a wonderful synergy that both lifts the spirit, brings up the mood and energy, brings a sense of clarity to ones thoughts while balancing in relaxation and calm...it’s even reported to take the edge off of tension causing bad moods. It’s described as having a joyful “personality” to it. Choose this if you woke up on the wrong side of the bed, if you need to feel a mood pick me up or if tension has you on your last nerve this synergy is a great pick to brighten your day without feeling amped up.

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