

Chinese Foot Massage

What is that!?

Chinese foot massage is simply reflexology to reduce stress, anxiety and promote relaxation. Many therapists believe that certain points on the feet, hands, and ears are important points for the relief of many common ailments. I'm not entirely sure about heart disease and indigestion, but I have personally experienced the stress release and relaxation provided by this technique. I HAVE COMPLETED a six week course, and have practiced on many of my family, friends, and some of you. The feedback I have received has been very positive and I feel I have mastered the art of relaxation and stress release. For more detailed information please visit our website and research for yourself.

A 20 minute session will cost \$30.00

Swedish Massage

I have been trained in massage therapy for over 12 years. While I endorse and sometimes use other methods of massage, such as acupressure point release, I find that Swedish

Massage is the most relaxing and useful for stress release.

A 30 minute session focused on the head/neck/shoulders/and back/
will cost \$40

Thank You