

Your path
toward greater
Health &
Healing

RELAX,
RENEW,
REVIVE!



1634 Quaker Valley Road
New Paris, PA 15554

Call 624-0606, option 2
to Schedule an Appointment

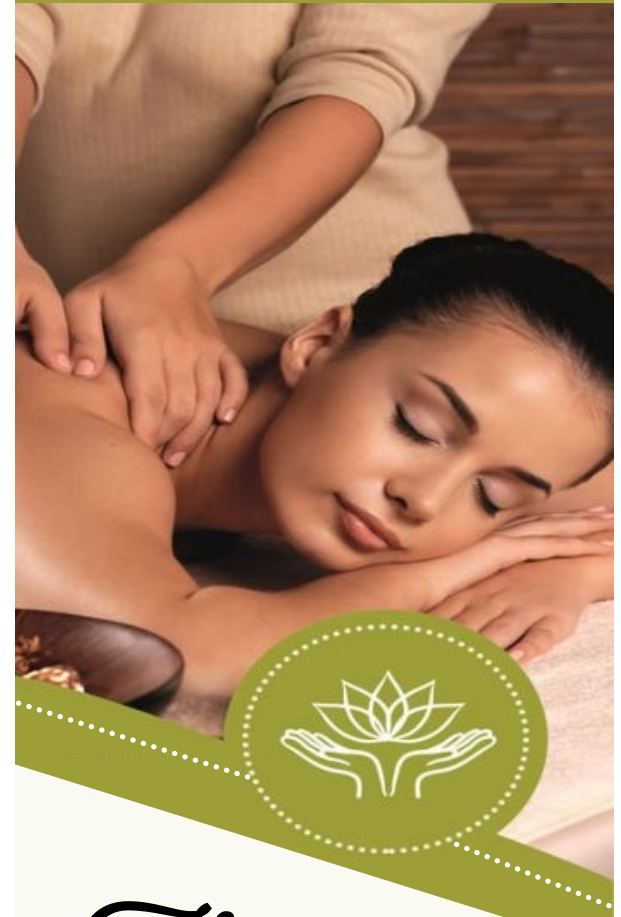
~ Gift Certificates Available ~



*The soul always knows
what to do to heal itself.*

*The challenge is to
silence the mind.*

~ Caroline Myss



Therapeutic
Massages
Menu

Suzanne Marisic, LMT ~ Kristy DeHaven, LMT ~ Kaylene Ewald, LMT



Benefits Of Massage Therapy

- Reduces stress
- Improves circulation
- Reduces pain
- Improves flexibility
- Improves sleep
- Enhances immunity

May also help with:

- ◆ Anxiety
- ◆ Depression
- ◆ Digestive disorders
- ◆ Fibromyalgia
- ◆ Headaches
- ◆ Cardiovascular health
- ◆ Plantar fasciitis
- ◆ Carpal tunnel
- ◆ Energy levels
- ◆ Reduce risk of injuries



THERAPEUTIC MASSAGE

Destress and unwind with a full body massage. Each session is uniquely customized to meet your specific needs, using one or more therapies.

60 minutes: \$90.00 90 minutes: \$125.00

SWEDISH MASSAGE

This massage uses firm but gentle pressure to promote relaxation, ease muscle tension, and creates other health benefits to allow you to slip into a calm sense of well being.

30 minutes: \$55.00 60 minutes: \$85.00
90 minutes: \$115.00

HIMALAYAN SALT STONE MASSAGE

Soothe away stress, tension and promote an increased sense of well being using warm salt stones.

30 minutes: \$65.00 60 minutes: \$110.00

WARM BAMBOO MASSAGE

Massage using heated bamboo offers a unique blend of deep relaxation and therapeutic benefits.

30 minutes: \$65.00 60 minutes: \$110.00
Suzanne & Kristy only

FACIAL MASSAGE

An advanced modality of massage that treats surface and deep facial tissue, acupressure points and the meridians to enable vital energy to be equally distributed to promote and maintain good health and well being. Great for sinuses.

45 minutes: \$70.00
Suzanne & Kaylene only

NECK AND SHOULDER MASSAGE

Relieve your stress and tension. Great for someone who is new to massage therapy or if you don't have time for a full body massage.

30 minutes: \$50.00

PREGNANCY MASSAGE

Find relief and relaxation during all stages of your pregnancy. Prenatal massage is a gentle and nurturing way to help reduce stress and promote overall wellness during your pregnancy.

60 minutes: \$85.00

FOOT REFLEXOLOGY

Enhance your health and wellbeing by accessing the reflex points on your feet that connect to every part of the body.

30 minutes: \$50.00
Suzanne & Kristy only

ALL PRICES SUBJECT TO CHANGE

** Tips are greatly appreciated **

