

What is it???

Aromatherapy: Using fragrance to better one's health and mental wellness

Archangelic Healing: Channeling the archangel energy, symbols, and prayers for a special healing

Chair Massage by the minute: a taste of all different modalities in a massage chair. You can receive just 5 minutes or a whole hour to relieve any tensions.

Chakra Balancing: a process of balancing the spiritual energy centers of the body

CranioSacral Release Therapy: a subtle movement of the spine & cranial bones to bring the central nervous system into harmony

Deep Tissue Massage: Direct pressure & application of force to compress tissues for deep release of spasms & trigger points.

Reflexology: Stimulating points on the feet, ears, or hands (most commonly feet) to affect the rest of the body's glands, organs, skeletal structure, circulatory system, etc. The feet are a "reflection" of the whole body.

Reiki: The spiritual laying on of hands in specific positions to heal the entire being. This is a channeling of energy, gentle & powerful.

Rolfing: The art of balancing, centering & organizing the body in relationship to itself through manipulation of the myofascial system. One can expect to stand, breathe, & walk more easily & efficiently through increased mobility.

Swedish Massage: A flowing sequence of relaxing and therapeutic massage and exercise for the muscles and joints of the body.

Tarot Reading: A spiritual look at the past, present, and future through study of divination cards

Thai Yoga Massage and Barefoot Shiatsu: A combination of therapeutic stretching & joint mobilization, acupressure, energy balancing, rhythmic deep tissue compression, assisted yoga, & meditation.