

Spring Wellness Specials

Raindrop & Reiki Session Package

Raindrop session with Reiki \$100 (\$130 value)

Support your immune system and your wellbeing with a raindrop session using essential oils and reiki to support mind-body balance.

CBD, Ayurveda Abhyanga or Hot Stone

Bodywork Session \$90 (\$100 value)

A CBD bodywork session uses CBD infused massage oil applied topically to the body to support physical and mental wellness. An ayurveda abhyanga bodywork session combines massage techniques with all natural ayurvedic herbal oils to support mind-body balance. A full body hot stone bodywork session combines massage techniques and hot stones to relax, release tension and increase circulation to the muscle tissues.

Reflexology Session

Foot Reflexology Session \$70 (\$80 value)

The reflexology session uses reflexology techniques that stimulate points on the feet to support wellness and relaxation. This session is ideal for people who enjoy mind-body balance through foot reflexology. Make your reflexology session more relaxing by adding an essential oil add-on to your session!

Raindrop or Acupressure Session Package

Five Raindrop or Acupressure sessions \$225 (\$400 value)

Your choice of five raindrop or acupressure sessions. Raindrop sessions combine essential oils and massage techniques to support a person in maintaining mind-body-emotional balance and immune system support. Acupressure sessions release muscle aches and soreness. The acupressure session combines massage techniques and acupressure to bring energy flow (Qi) to the body releasing tension and tightness in the body. This session also helps with bringing balance to the mind, body & spirit!

Yoga Session Package

Yoga consultation & five private yoga lessons \$175 (\$225 value)

Support your mind-body balance in the new year with the practice of yoga. A yoga consultation is provided to determine a yoga practice that meets a person's needs. Lessons following the consultation provide individual support in developing a yoga practice that is unique to the individual. Sessions can be done in-person or online.

New Add-On's

Hot Stone or Essential Oil Add-on \$50

Add the comfort of hot stones or essential oils to your bodywork session

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