REFLEXOLOGY & ACUPRESSURE MASSAGE

is an ancient Chinese healing method that involves applying pressure to certain meridian points on the body to relieve pains and stress. The human body has fourteen "meridian" that carry energy throughout the body. These meridians start at the finger tips, connect to the brain and then connect to the organs associated with specific meridian.
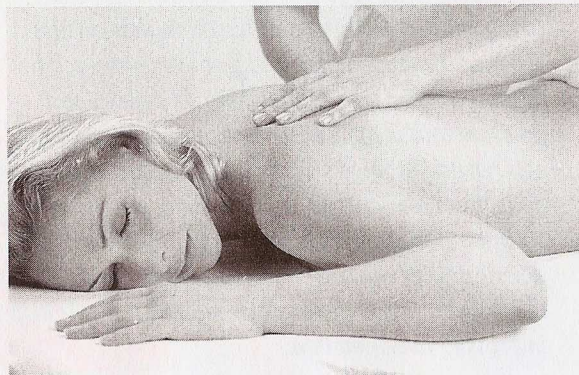
Acupressure deals with all the aspects of a person as a whole: body, emotions, mind and spirit as one, not as separate parts. It relaxes muscular tension and balances the vital life forces of the body.

THEY CAN HELP WITH:

1. Lessening stress and tension.
2. Relaxing mind and body.
3. Relieving headaches, migraines and lower back pains.
4. Relieving arthritis and aching joints.
5. Improving blood circulation
6. Removing toxic wastes.
7. Reducing fatigue and boosting energy level.
8. Increasing quality of sleep.
9. Improving overall well-being.

DEEP TISSUE & ACUPRESSURE - TABLE

20 Min. **$25** - head, neck, shoulders, upper/lower back

30 Min. **$35** - head, neck, shoulders, arms, upper/ lower back and legs.

40 Min. **$40** - head, neck, shoulders, arms, hands, upper/ lower back and legs (plus lotion or oil treatment)

50 Min. **$50** - head, neck, shoulders, arms, hands, upper/ lower back and legs. (plus lotion or oil treatment)

60 Min. **$60** - head, face, neck, shoulder, arms, hands, upper/ lower back and legs (plus lotion or oil treatment)

90 Min. **$88** - head, face, neck, shoulders, arms, hands, upper/ lower back and legs and feet. (plus lotion or oil treatment)

REFLEXOLOGY - FEET

20 Min. $20 - feet

30 Min. $30 - feet, legs (plus free face)

40 Min. $40 - feet, legs (plus free face)

SPECIALS PACKAGES

40 Min. $40	20 Min Body + 20 Min foot reflexology
60 Min $58	30 Min body + 30 Min foot reflexology
75 Min. $70	45 Min body + 30 Min foot reflexology
90 Min $88	60 Min body + 30 Min foot reflexology

COUPON $5.00 OFF

with any purchase of $25 or more

COUPON $10.00 OFF

with any purchase of $58 or more