

## Price List

Massage Minutes: 60 /75/90

Swedish \$70 \$85 \$100

Therapeutic \$80 \$100 \$110

Deep Tissue/Sports \$95 \$120 \$135

Signature Combo Treatment \$80-\$135  
Energy work integrated with Massage –price depends on type of massage and amount of time requested

Pre-Natal Massage \$90 \$135

Hot Stone Therapeutic Massage \$100 \$135

Hot Stone Deep Tissue Massage \$105 \$145

Thai Massage (2 hours) \$200

Four Handed Massage \$150 \$220

Foot Reflexology 30 mins \$40 /45 - \$50

Reflexology/Reiki Bliss 60 mins. \$70

Mini Treatment (30 mins ONE area) \$50

Mini Treatment (30 mins One area Deep) \$60

*One of the areas best selections of  
Health & Metaphysical Gifts!  
Classes & Events too..*

## Price List

Energy – Intuitive Services:

Energy Healing:

75/90/120 minutes \$85/\$100/\$125

Reiki or IET 60 minutes:\$70

Reiki & Sound Healing: 75 minutes \$80

Reiki & Angel Card Reading Combo:  
90minutes \$110

Angel Card Reading:

45/60 minutes \$60/\$80

Shamanic Healing: 90 minutes \$100

Shamanic Journey: 75 minutes \$80

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Cranio-sacral Therapy with Kathryn Loomis  
75 mins. \$120



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[www.holisticwellnesscenter.org](http://www.holisticwellnesscenter.org)

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Bringing Complementary and  
Alternative Care to our  
Community...and Holistic Gift  
Emporium!

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Prices effective Feb. 22, 2018

## Special Services

Acupuncture, Cupping & Gua Sha are ancient Chinese systems of medicine. They are based on regulating an individual's life force, Qi, or body energy. It seeks to balance an individual's physical and emotional well-being and harmonizes the whole body. It encourages the body to promote healing.

### Acupuncture Pricing

Initial Session 90 minutes:  
(Evaluation & Treatment) \$95

Follow Up 60 minutes \$85

Follow up 90 minutes \$95

Cupping 30-45 minutes \$65

Acutonics (Acupuncture with tuning forks)  
30 minutes \$60

Community Acupuncture \$30

## Other Specialty Therapies

Far Infrared Therapy with Kathryn Loomis,  
Lic, Ac, 60 mins. \$110

Tuina Chinese Massage with Laura Daniels  
Lic.Ac. 30 mins \$75

Therapeutic Ultrasound with Laura Daniels  
30mins. \$65

Holistic Health Coaching:  
(free initial consultation)

We want to empower and assist busy people living with health challenges to educate themselves & seek healthier food & life choices so they can live happier, fuller and richer lives.

## Massage

Swedish Massage is a relaxing style of massage that involves a firm but sensitive touch with smooth, gliding strokes. This style of massage promotes good circulation and helps release toxins from the muscles, targets the nervous system to help reduce both physical and emotional stress.

Therapeutic Massage combines Swedish and Deep Tissue and other techniques to release tension and balance the mind and body.

Deep Tissue Massage uses a deeper pressure alternating with Swedish techniques to help relax the muscle by targeting the deeper tissue structures of the muscle and fascia. It is a more focused massage, working to release chronic muscle tension or knots.

Prenatal Massage: for the pregnant client who is 12 weeks or beyond in her pregnancy. This relaxation massage will help to alleviate physical and emotional stress.

Hot Stone Therapy uses heated basalt stones to massage the body with long rhythmic strokes. The direct heat relaxes the muscles, allowing for more intense manipulation.

Reflexology is a form of bodywork that uses light pressure to stimulate points on the foot. With reflexology, a signal is sent through the nervous system to problem areas, helping them to resist stress and achieve healthy function. Reflexology promotes relaxation, increases circulation, and assists the body in coming into balance.

### ***Evening Appointments!***

## Energy/Intuitive Services

Reiki is a Japanese technique for stress reduction and relaxation that triggers the body's natural healing abilities to improve and maintain one's wellbeing. It is based on energy and when the body's energy is low or blocked the body is vulnerable to getting sick or feeling stress. Reiki can also complement and enhance the healthcare of a patient receiving treatment in a hospital or otherwise. Clients are helped with loving support and practical steps.

IET Simply put, Integrated Energy Therapy® is the art of healing with the pure energy of the Angels. It has been described as one of the "next generation, hands-on, power energy therapy systems that gets the issues out of your tissues for good!"

Angel Card Reading: Is a 30/45/60 minute intuitive reading using several angel card decks. Clients can ask that the reading be focused on a particular issue or to give you messages of guidance, & inspiration. The reader will interpret the cards & may ask questions during the reading to clarify messages received. The intent of an Angel Card reading is not to predict the future, but to provide clarity and insights into what is currently going on in your life.

Suzi Purcell—“Meditation Mondays” Please join us Monday Mornings at 10am for a guided meditation and start your week off right! \$20 Walk-Ins welcome!