



Anti Stress Package

Anti Stress Massage (*back, neck, shoulder*)

Improved Tissue vascularization, reduction in muscular tension related to stress, Return to a state of calm. Restore a sensation of well being after stressful situation.

Foot and Hand Reflexology

Reflexology is a gentle and valuable massage option to help release toxic energy and aid in relaxation. It reduced headaches, shoulder and back pain, allergies, neck pain and open up sinuses.

Hawaiian Massage (*legs*)

Hawaiian Massage simultaneously connects and revitalize body, mind, heart and soul with the healing power. Working at the core of our Being, it calms, inspires and empowers us to create the life we desire. It nurtures us with healing and abundant blessings.

Indian Head Massage

An Indian Head massage is the ideal way to get a person "out of their head", far far away from everyday emotional and mental stress. It is Detoxifying the body by stimulating lymphatic drainage. Relieves sleeplessness, restlessness and insomnia.