

Professional Services

Reflexology is a unique therapy that maps the feet, hands and ears, to locate different parts, glands and organs of the body. Through a manual technique, that uses applied pressure, reflexology opens the energy pathways that may assist to restore “rest” and “repair”. This is the place and the space that holds the most value for your body, mind and spirit. Allowing your nervous system to reset as often as needed.

My practice is based upon the RAC method, which just means that I use traditional reflexology, while adding my own unique and authentic methods. I use a combination of slow and fast movements, so that you benefit from both stimulation and depth. Many of my clients find that falling asleep is unpreventable. My experience with essential oils gives me insight on how to incorporate with selected treatments.

Combined Foot and Hand Reflexology (Foot, hand and ear, if preferred)

The ultimate in benefit, combining the hand and the foot in one session. The preference of most of my clients. This benefits in the movement of energy, lifting the spirits and taking relaxation to a whole new level. How we use our time will be decided together.
75 mins \$75 (with foot) 90 mins \$90 (ear, hand and foot)



Foot Reflexology

This treatment is thoroughly relaxing and deeply therapeutic. Selecting two or three certified pure therapeutic grade essential oils, with my choice of fractionated coconut oil for dilution, you will be taken aback by the control and precision of the treatment. Pressure when needed, my hands will be guided by what your body needs. **60 mins \$65.00**



Hand Reflexology

Your hands will be forever in love with a soothing touch. Reflexology is often thought of by working on the feet, but do I have news for you. Hand reflexology can be, and may be, more effective than the feet. This treatment can be enjoyed by all, but thoroughly needed by the many who find their hands sore from overuse. This treatment is can be stand alone or an amazing addition to foot reflexology. **45 mins \$50 (stand alone) / 75 mins \$75.00 (with foot) / 90 mins \$90.00 (hand and foot /ear, hand and foot)**



Ear Reflexology



This treatment is overly relaxing and warming to the body on its own. When I provide touch to the ear as an addition to the foot, foot/hand reflexology combination, the body is in the ultimate state of repair. **75 mins \$75.00/ 90 mins \$90.00**
(with foot /or hand and foot)

Aromatouch Technique

The Aroma Touch Massage is a 45 min relaxation massage that incorporates 8 different oils which are applied to the back and the feet, for an uplifting and relaxing oil experience. There is convincing evidence that pleasant aromas can improve our mood and sense of well-being.

Each essential oil in the Aroma Touch Technique was selected for its individual aromatic properties, and for their powerful aromatic properties when combined. The overall scent of Aroma Touch is soothing, light, and pleasant to the senses. **45 mins \$75.00**

Stress Management: Balance and Lavender

Immune Support: Melaleuca and Ongaard

Inflammatory: AromaTouch and Deep Blue

Homeostasis: Wild Orange and Peppermint

Please note: This treatment is performed on a massage table, lying on your stomach.

iTOVI Scan: Within only a few minutes the iTOVI will take the guess work out on how to best support and build a wellness plan specific to you. The iTOVI is a small handheld device that is easy to use. It gives a very accurate report of the oils/products that your body is currently craving. **15 mins \$20**

