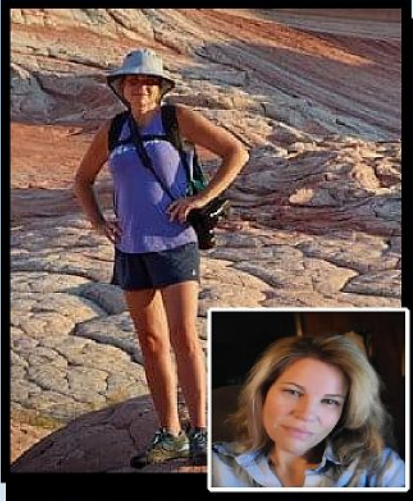


Healing Spirit

607-221-6718

Energy Massage



Melanie Cease

LMT, CLT, Energy Practitioner

LYMPHATIC DRAINAGE MASSAGE:

Sessions last 45-90 minutes. \$80 per session. Will require more than one session.

May require compression/wrapping of area of concern

Relieves swelling that happens when medical treatment or illness blocks your lymphatic system. It involves gently manipulating specific areas of your body to help lymph fluid move to an area with working lymph vessels.

Lymph drainage massage has become a popular form of massage due to its potential health benefits. This specialized approach focuses on the lymphatic system, which is part of the immune system. This type of massage aims to help the body maintain proper blood circulation, body fluid balance and immune functions.

Benefits – Reduce lymphedema, reduce fibromyalgia symptoms, reduce swelling or edema, reduce skin disorders, reduce fatigue, reduce insomnia, reduce stress, reduce digestive problems, reduce arthritis, and reduce migraine episodes.

MASSAGES:

Deep Tissue, Swedish,
Trigger Point, Connective Tissue

30 Minutes = \$40

60 Minutes = \$70

90 Minutes = \$100

120 Minutes = \$150

DEEP/CONNECTIVE TISSUE:

It aims to release chronic patterns of tension in the body through slow strokes and deep finger pressure in the tense areas.

Benefits – stress reliever, reduces pain, breaks up scar tissue to make movements easier, reduces arthritis symptoms & rehabilitates injured muscles.

SWEDISH:

Most common type of massage. It's performed to energize the body and overall improve health and to release relaxation.

Benefits – Pain management, increase blood flow, rehabilitation for muscle injuries, increase flexibility, reduce stress and improve immune system.

TRIGGER POINT:

Consists of alternating levels of concentrated pressure on the areas of muscle spasm to alleviate spasm.

Benefits – To relieve headaches, migraines, TMJ disorder, lower back pain, sciatica, carpal tunnel syndrome, plantar fasciitis, osteoarthritis and sports injuries.

ENERGY READS:

Up to 30 minutes – \$40

CHAKRA BALANCE:

Is a form of energy healing that focuses on channeling energy into seven chakras. When we talk about treating chakras, we are referring to treating your energetic body. The body is not made up of just the physical body, we have energy that extends beyond our physical well being.

INTUITIVE ENERGY READING:

An assessment of your energy. Connecting with people who have crossed over- healing when physical connection is lost with loved ones.

ENERGY MASSAGE

Consists Of Energy Read
& Massage Combination

30 Minute Energy Read with
30 Minute Massage = \$80

30 Minute Energy Read with
60 Minute Massage = \$120