

## THERAPY TREATMENTS FOR:

- ✓ Allergies
- ✓ Arthritis
- ✓ Asthma/Bronchitis
- ✓ Carpal Tunnel
- ✓ Chronic Pain
- ✓ Circulatory Problems
- ✓ Depression/Anxiety
- ✓ Diabetes
- ✓ Digestive Disorders
- ✓ Fibromyalgia
- ✓ Headaches/Migraines
- ✓ Immune Deficiency
- ✓ Injury Recovery
- ✓ Muscle Deterioration
- ✓ Myofacial Pain
- ✓ Pet Massage
- ✓ Pregnancy/Infancy Massage
- ✓ Sciatic Nerve Pain
- ✓ Sinusitis
- ✓ TMJ

## ASK ABOUT OUR:

- ☉ Package Rates
- ☉ Senior Discounts
- ☉ Off-site Visits
- ☉ Regular Client Discounts
- ☉ Couples Massage
- ☉ Massage Parties
- ☉ Corporate Group Rates



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## BRITISH MASSAGE & WELLNESS CENTER



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NC License #3432

Nationally Certified Reiki Master

AMTA Registered



## THERAPEUTIC MASSAGE:

### SWEDISH

Traditional European Techniques ~ increases circulation of blood and Lymphatic systems; long gliding strokes give deep relaxation.

### DEEP TISSUE

Slow deep movements concentrating on tense deeply blocked muscles

### AROMA THERAPY

Swedish plus essential oils penetrating to cellular levels ~ promotes healing of muscle, joint and skin disorders

### HOT STONE

Flat stones heated in water ~ promotes relaxation and pain relief; hot towels added for even deeper relaxation.

### REFLEXOLOGY

Reflex Points in feet, hands and ears ~ pressure triggers response to increase energy flow; aid in overall body functions.

### Thai Massage

A type of massage or assisted yoga that involves stretching and deep massage whereby recipient changes into pajamas and lies on a firm surface and the massage giver leans on the recipient's body using hands and forearms to apply firm rhythmic pressure to almost every part of the body.

## THERAPEUTIC METHODS:

**Massage** heals you physically, mentally, and spiritually. It also improves the function of the Circulatory system, Lymph, Muscle and Skeletal systems. It helps to reduce pain and discomfort from muscle spasms, strains, and reduces, surgical recovery time.

More and more doctors and specialist are referring their patients to massage therapists and/or contracting therapists in their offices because they see the healing benefits for their patients.

**Reiki** ~ Life force flows within the physical body through pathways called Chakras, or Meridians. It also flows around us in a field of energy called the Aura. The life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.



## THERAPY PACKAGE RATES

½ Hour	\$30
1 Hour	\$60
1 ½ Hour	\$90
½ Hour Bio-Mat	\$30

## AQUA-CHI FOOT DETOX (WATER ENERGY)

Imagine a healing session without pain, drugs or medicine where you would see immediate improvements to your health. Aqua Chi is a therapeutic session using water to transfer energy to the body.

Detox Session	\$25
Four Session Package	\$90
Detox and Massage Combo (Recommended)	\$80