



Where the art and science of wellness meet

MASSAGE

| | |
|------------------------|-------------------|
| Swedish-Based Massage | 30 min...\$49.00 |
| Cranial Sacral Therapy | 60 min...\$79.00 |
| Deep Tissue Massage | 90 min...\$119.00 |
| Authentic Movement | |
| Healing Touch | |
| Shiatsu | |
| Hot Stone Massage | 60 min...\$95.00 |
| | 90 min...\$130.00 |
| Chair Massage | 15 min...\$25.00 |

ENERGY • SPIRIT ASSISTANCE

| | |
|--------------------------|------------------|
| Targeted Energy Guidance | 30 min...\$65.00 |
|--------------------------|------------------|

YOGA • GUIDED MEDITATION

| | |
|-----------------------------------|-------------------|
| Personalized, Private Instruction | 30 min...\$49.00 |
| | 60 min...\$79.00 |
| | 90 min...\$119.00 |

AROMATHERAPY

| | |
|------------------------------|-------------------|
| Customized Essential Oils To | 60 min...\$95.00 |
| Promote Well-being | 90 min...\$130.00 |

PACKAGES

| | |
|------------------------|------------------|
| COMPLETE RELAXATION | 2 hrs...\$165.00 |
| Deep Tissue Massage | |
| Energy Balancing | |
| Aromatherapy | |
| HOLISTIC WELL-BEING | 2 hrs...\$165.00 |
| Lymphatic Massage | |
| Aromatherapy | |
| Dry Brush | |
| INSTRUCTED MOVEMENT | 2 hrs...\$165.00 |
| Mixed Modality Massage | |
| Yoga Instruction | |

Gift Certificates available. Ask about a 10 pack discount.

POLICY

Without 24 hour notice of cancellations, all scheduled services will be billed at full price. Third party billing is available at \$38.00 per quarter hour.

Eileen Gribble LMP

360.739.2986 • www.yesmassages.com

Bellingham Towers, 119 N. Commercial St., Suite 370, Bellingham, WA 98225