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Where the art and science of wellness meet

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### MASSAGE

Swedish-Based Massage	30 min...\$50.00
Cranial Sacral Therapy	60 min...\$85.00
Deep Tissue Massage	90 min...\$119.00
Authentic Movement Healing Touch Shiatsu	
Hot Stone Massage	60 min...\$95.00 90 min...\$135.00
Chair Massage	15 min...\$25.00

### ENERGY • SPIRIT ASSISTANCE

Targeted Energy Guidance	30 min...\$65.00
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### YOGA • GUIDED MEDITATION

Personalized, Private Instruction	30 min...\$50.00 60 min...\$85.00 90 min...\$119.00
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### AROMATHERAPY

Customized Essential Oils To Promote Well-being	60 min...\$95.00 90 min...\$135.00
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### PACKAGES

COMPLETE RELAXATION Deep Tissue Massage Energy Balancing Aromatherapy	2 hrs...\$180.00
HOLISTIC WELL-BEING Lymphatic Massage Aromatherapy Dry Brush	2 hrs...\$180.00
INSTRUCTED MOVEMENT Mixed Modality Massage Yoga Instruction	2 hrs...\$180.00

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.

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Eileen Gribble LMP

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