



# Massage Services

A  
Soothing  
Touch  
massage

## THAI YOGA MASSAGE

60 MINUTES • \$55, 90 MINUTES • \$75

Clients will be guided into gentle stretch positions, and massage techniques may be applied as necessary. This technique can be tailored to meet your needs, and can be as gentle as is needed. Clients will be fully clothed, so please wear something loose fitting to your appointment.

## IRIDOLOGY

30 MINUTES • \$30 PER SESSION

Iridology is the practice of reading the eyes to determine areas of the body that may currently be causing issues or something possible for the future. A free ZYTO compass scan is included with your session.

## REFLEXOLOGY

DURATION VARIES • PRICE VARIES

Reflexology focuses on the physical manipulation of various points on the feet, and sometimes hands, to stimulate the body's own healing mechanisms.

## DRY NEEDLING

DURATION VARIES • \$30 PER SESSION

A small needle is placed into affected tissue. Promotes healing and mobility.

## MASSAGE THERAPY

30 MINUTES • \$30, 1 HOUR • \$50

Relaxation, therapeutic, deep tissue, or trigger point massage.

## COUPLES MASSAGE

1 HOUR • \$90

A relaxing experience for you and your partner.

## CHAIR YOGA

DURATION VARIES • \$25 PER MONTH OR \$8 PER CLASS

A yoga class that is great for beginners and those with mobility issues. Just as effective as regular yoga, but without having to get down on the floor.

## FACIAL AND SCALP MASSAGE

30 MINUTES • \$35

## CUPPING

30 MINUTES • \$35

Suction cups are applied to the skin. Helps increase circulation, reduce inflammation, relieves tight muscles, and promotes healing.

## INFRARED SAUNA

DURATION VARIES • PRICE VARIES

Stand alone minutes available, as well as massage/sauna packages. Ask for pricing.

## AMRITA® ESSENTIAL OILS, CREAMS, ETC.

DURATION VARIES • PRICE VARIES

Come browse our selection of essential oils, creams, and other products.

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## ADDITIONAL ALA CART SERVICES

### HOT STONE MASSAGE

Heated stones are used to help relax the body.

### ENERGY WORK / REIKI

Channeling energy by means of touch to activate the natural healing processes and restore physical and emotional well being.

### MYOFASCIAL RELEASE

Light pressure is used to help relieve tension in the fascia, the connective tissue that surrounds the muscles, bones and nerves.

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## OUR TALENTED STAFF

### COLLEEN

MCKNIGHT (LMT)

Therapeutic/ Relaxation  
Thai Yoga, Chair,  
Couples, Cupping,  
Facial / Scalp,  
Energy Work

**937-423-1219**

### CAROLYN

COMBS (LMT)

Trigger Point Therapy  
Chair, Myofascial Release

**937-423-8637**

### SARAH

KAISER (LMT)

Therapeutic/ Relaxation  
Deep Tissue, Chair,  
Couples

**937-417-1359**

### SHELLY

MARTIN (LMT)

Therapeutic/ Relaxation  
Pregnancy, Deep Tissue,  
Hot Stone, Reiki / Energy

**937-423-9812**

### KATE

POEPELMAN (PT, DPT)

Dry Needling

**937-417-6549**

### LORI

OSTERIOH-HAGAMAN

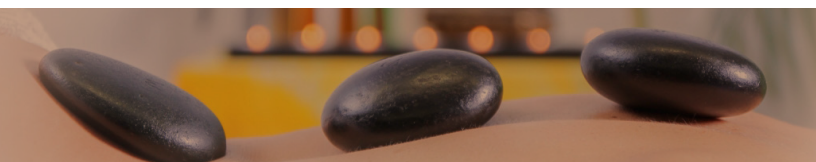
Reflexology

**419-305-3654**

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