

AromaTherapy Consult Session

\$150/90min.

Clinical research has shown that fragrant essential oils have profound effects on the mind, body and soul. Includes an in depth patient intake form, participation with oil selections & blending.

Choice of 30min. hand, foot or scalp massage.

Hot Stone Therapy

\$125/approx. 85min.

The healing power of Mother Earth's gifts. Basalt stones enriched with Copper and Sulfate, soaked in a blend of Lavendar and Marjoram essential oils, are placed along the spine, shoulders, joints and organs, deeply penetrating the muscle tissues while promoting deep relaxation.

An oil Swedish Massage with and without the use of palm stones is included.

Contraindicated during pregnancy.

Rain-Drop Therapy

\$100/60min.

Inspired by Native American Traditions. The application of nine therapeutic-grade oils, containing anti-inflammatory, anti-spasmodic and anti-bacterial properties, are dripped like drops of rain on and around the spine and feet. Structural and electrical realignments, as well as detoxification can occur.

Combined with "Reiki".

Aroma-Scalp Treatment

\$45/45min.

A rejuvenating treatment using our specially formulated oil blend, helps restore moisture and vitality to the scalp and hair shafts.

Specialty Treatments

Reflexology

Foot

\$60/45min.

Executed by a Certified Reflexologist, this therapy is based on Ancient Chinese Healing Arts. The nerves of the feet are skillfully stimulated by using specialized pressure pointed techniques, helping to restore the flow of energy to the entire body and internal organs.

Hand

\$45/30min.

Working the hands and the forearms in similar fashion as described above, the therapist works the musculature and stimulates the nerves and the nerve endings in the palms, effecting the total health of the body.

Hand and Foot Treatment Combo: \$100/70min.

Energy (Visit our website for details)

Reiki

\$60/45min.

An energy balancing session, rooted in Eastern Spiritual Traditions, focuses on extracting negative and harmful energies and help restore the bodies energy flow and balance throughout.

Illumination Crystal Rebalancing

A Shamanic practice using healing stones and crystal pendulums to extract & dissolve negativity and rebalance the bodys chakras

Angel Healing Therapy

An original creation from Balance for Life



BALANCE FOR LIFE
MIND, BODY & SOUL HEALING

***Body Work**
***Specialty Treatments**

631.736.9999

BalanceforLife.us

Our Services

BodyWork Modalities

Swedish Massage

\$40/\$65/\$95

An indulgent and uniquely relaxing massage. Using light to medium pressure, this massage stimulates circulation, dissolves tension, promoting well being and the reduction of stress.

Essential oil to any Massage add \$5



Back to Basics

\$90/60 min.

A targeted treatment to an often neglected area. Enjoy a deep cleanse and exfoliation massage. Receive a detoxing clay mask, then relax with an essential oil hot towel break before a hydrating, healing back massage.

Prenatal Massage

\$40 /\$65

A classic massage adapted to ensure the comfort and safety for the mother to be and their baby. A specially designed massage table allowing the client to lay facing down, relieving the strain of gravity while the muscles are being massaged.

Please be in your second trimester.

Deep Tissue Thermal Therapy

\$130/Approx.90min

This specialized session involves deep tissue techniques, softening muscle tissue and dispersing toxins. Epsom salt and lavender essential oil compresses assist in treating the body's most effected muscles .

Daily Affirmation:

"My intent is to align to the will of the Creator and the Divine plan for my life and the Divine plan for the earth and all upon her"

Medical Massage

\$45/30min.

A session of 3 (30min.) in close proximity is recommended. \$128.00 special savings if paid in full.

Medical Massage treats a specific area of dysfunction, using medium to deep pressure (depending on the clients tolerance)

This session ONLY focuses on the specific effected muscle and the surrounding musculature. Stretching techniques are utilized.

Deep Tissue Massage

\$45/\$85/\$115

This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. An active massage that targets the deeper musculature of the body. It can release tension, treat trigger points and break up adhesions due to muscular trauma. Usually stretching techniques are utilized.

Hand or Foot Massage

\$45/ 30 min (Hand or Foot)

\$80/60 min. (full treatment)

A gentle and relaxing massage, stimulating the nerves, relaxing the musculature of the hands and /or feet, promoting extreme health and healing.

Our 60 minute treatment starts with a relaxing lavender essential oil heated foot spa bath, while your hands relax in warm and soothing paraffin wax. Enjoy a hand and foot massage.

Asian Influenced

Amma Therapy

\$65/60min.

An ancient Chinese Medicine Treatment, in which the focus lies in clearing the bodies energy meridians throughout.

Thai Massage

\$85/60min. *\$125/85min.

Sometimes called "Yoga Massage", is performed on a floor mat and the client is wearing loose, comfortable clothing. Thai Massage is especially effective for relief of chronic pain and limited range of motion. Over time movements can be restored.

Traditional Herbal Thai-Ball Massage

\$125/90min.

A specialized therapy using herbal filled pouches along the energy meridians, accupressure points and joint areas. Enjoy a relaxing aromatic oil massage and Thai influenced stretching. Loose clothing.

Ear Gandling

\$45/45min/2 candles per ear

Also referred to as "Goning", is used to help remove wax build up, trapped moisture, bacteria, fungus, candida, yeast, and other debris in the ear canal.

More than 1 session may be necessary.

Comfortable clothing.

Please no hair products.