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Where the art and science of wellness meet

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### MASSAGE

Swedish-Based Massage	30 min...\$45.00
Cranial Sacral Therapy	60 min...\$75.00
Deep Tissue Massage	90 min...\$110.00
Authentic Movement	
Healing Touch	
Shiatsu	
Hot Stone Massage	60 min...\$90.00
	90 min...\$125.00
Chair Massage	15 min...\$25.00

### ENERGY • SPIRIT ASSISTANCE

Targeted Energy Guidance	30 min...\$60.00
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### YOGA • GUIDED MEDITATION

Personalized, Private Instruction	30 min...\$45.00
	60 min...\$75.00
	90 min...\$110.00

### AROMATHERAPY

Customized Essential Oils To	60 min...\$90.00
Promote Well-being	90 min...\$125.00

### PACKAGES

COMPLETE RELAXATION	2 hrs...\$160.00
Deep Tissue Massage	
Energy Balancing	
Aromatherapy	
HOLISTIC WELL-BEING	2 hrs...\$160.00
Lymphatic Massage	
Aromatherapy	
Dry Brush	
INSTRUCTED MOVEMENT	2 hrs...\$160.00
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 \$33.00 per quarter hour.

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Eileen Gribble LMT

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