

Gift Certificates available! Link on Facebook @barefttherapy  
(See *Discounts* listed at bottom)

## Barefoot Therapy by Mikki Davis, LMT • MT132052

### PRICE LIST

Free consultations available. Ask about scheduling yours today!

You are unique. Therefore every massage is customized to meet your individual needs.

- *Standard Table Massages* \$1/Minute  
Relaxation, Therapeutic, ROM/Stretches, Energizing
- *Full Body Deep Tissue* \$1.50/Minute
- *Lomi Lomi* \$1.50/Minute (See back for description)  
Coming Soon! *Scents and Sounds of Lomi Lomi* includes your choice of island music or ocean white noise plus aromatherapy and coconut water and/or pineapple juice for an additional \$10
- *Thai Reflexology* \$1.50/Minute  
Foot reflexology (15-60 minutes)
- *Scalp* \$25  
20-minute scalp massage with our signature oil that is beneficial for scalp and hair health
- *Head, Hands & Feet Package* \$90 or customize for \$1.25/Minute (includes our signature scalp oil)  
30 minutes scalp/neck/shoulders/pecs, 20 minutes hands/forearms, 30 minutes calves/foot reflexology
  
- *Upgrades From \$1*
- Diffused Aromatherapy* \$3  
Ask about our signature blends
- Massage Aromatherapy* \$5  
Ask about our signature blends
- Hemp Oil* \$3  
Benefits could include moisturizing the skin, soothing eczema/psoriasis, and decreased pain-causing inflammation
- Magnesium Oil* \$3  
Magnesium plays an important role in muscle health and could help decrease muscle pain and spasms
- Sore Muscle* \$3  
BioFreeze (cooling) or Sombra (warming) for problem areas (CBD \$5)
- Ice Therapy* \$1  
Ice massage on a stubborn problem area or areas
- Scalp Oil* \$3  
Add our signature scalp oil to a full body massage
- Hot Stones* \$10 / \$25  
Add hot stones. Reflexology, back only or head, hands & feet package add \$10 / full body massage add \$25
- Vacuum Cupping* \$10 / \$25  
Add cupping. Back only add \$10 / full body massage add \$25
  
- *Disclaimer:*  
You get what you pay for. If you pay for 60 minutes, you will receive 60 minutes of hands-on.  
Therefore, please allow extra time for intake, assessment, dressing/undressing, etc.
- *Discounts:* (Please mention discount at time of scheduling appointments)  
*Thank You Discount:* Teachers, Vets, Active Service, LEOs, First Responders...10%  
*Specials:* Check back often for specials and promotions.
- Ask about our referral program.

**18 Reasons to get a massage:**

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1 Relieve stress              | 12 Improve posture                    |
| 2 Reduce anxiety              | 13 Enhance exercise performance       |
| 3 Improve focus               | 14 Improve cardiovascular health      |
| 4 Help symptoms of depression | 15 Lower blood pressure               |
| 5 Help calm anger/dementia    | 16 Relieve or decrease headache       |
| 6 Promote relaxation          | 17 Reduce chemo-related nausea        |
| 7 Improve sleep               | 18 Decrease pain including            |
| 8 Boost immune system         | Back/neck/joint • Tennis Elbow        |
| 9 Reduce muscle tension       | Osteoarthritis • Rheumatoid arthritis |
| 10 Improve mobility/ROM       | Fibromyalgia • Carpal Tunnel Syndrome |
| 11 Improve balance            | Piriformis Syndrome (Pseudosciatica)  |

**A Few Facts About Touch:**

- Touch is the first sense to develop in humans and may be the last to fade.
- There are approximately 5 million touch receptors in our skin--3,000 in a fingertip.
- A touch of any kind can reduce the heart rate and lower blood pressure.
- Touch stimulates the release of endorphins (the body's natural pain killers), which is why a mother's hug can literally "make it better".
- People with eating disorders who receive massage 3 times a day for 10 days, gain weight faster and got out of the hospital 6 days sooner than those who did not.
- Elderly people who massage surrogate grand-children report higher esteem and better moods.

**What is Thai Foot Reflexology?**

Thai foot reflexology is a therapy that uses hands, fingers, thumbs, and a Thai stick to work the foot. The massage often begins on the lower legs, working lom (or energy) along sen lines (or rivers of energy) that innervate the body. These sen lines are believed to flow from specific areas of your feet to and through specific areas of your body. Therefore, working the foot can, in essence, work the entire body.

In today's scientific terms, think of your foot as not only your foundation but also a massive communication center. There are more nerve endings per square inch in your foot than anywhere else in the body. There are over 200,000 as well as many forms of touch receptors. Your feet, therefore send countless messages throughout your body and to your brain. If there is tension somewhere along those lines, things are not operating optimally.

Thai foot reflexology works to unblock or relax those areas. Plus, if you like a foot massage, it just plain feels amazing! Add hot stones or cupping for an even more pleasant experience.

**What is Lomi Lomi?**

Pre-dating Polynesian Hawaii, Lomi Lomi ("Ke Ala Hoku" or "Pathway to the Stars") is a Native Hawaiian 'medicine'. It was originally only passed down from generation to generation. Although once used as a rite of passage, this fluid, rhythmic massage style can soothe the body and mind. Add traditional music from the Islands or ocean white noise, and tropical scents to top of your experience.

**Benefits of Hot Stones:**

Relieves muscle spasms, tension and pain • Promotes relaxation • Promotes better sleep • Improves circulation and energy flow • Helps increase joint flexibility • May relieve symptoms of autoimmune disease

**Benefits of Cupping:**

Loosen scar tissue • relax connective tissue • increase hydration and blood flow • improve lymphatic flow • relax tight muscles • decrease muscular pain • reduce cellulite

**Benefits of Good Posture:**

Improves: balance • energy levels • functional motion • confidence • deep breathing • stress management • sports performance • appearance • optimism • aging • pain