

TRANQUIL HEALING OC

CONSULTATION

TIME BEFORE OR AFTER BODYWORK OR REIKI SESSION TO EDUCATE AND INFORM YOU ABOUT YOUR BODY, SHARING RECOMMENDATIONS AND SUGGESTED AFTERCARE.

\$20 • 15 MINUTES \$35 • 30 MINUTES

REIKI

SUBTLE ENERGY WORK TO BALANCE YOUR PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING.

\$60 • 60 MINUTES

SWEDISH

IMPROVING YOUR OVERALL HEALTH THROUGH LONG KNEADING, RHYTHMIC STROKES COMBINED WITH MOVEMENT OF THE JOINTS.

\$100 • 60 MINUTES \$150 • 90 MINUTES

COMBINATION

CUSTOMIZED TO YOUR NEEDS USING ALL MY TECHNIQUES INCLUDING SWEDISH, TRIGGER POINT THERAPY, SPORTS, ART, TUI NA & ACUPRESSURE. *MASSAGE OILS WILL BE CUSTOMIZED TO YOUR NEEDS.

\$100 • 60 MINUTES \$150 • 90 MINUTES \$200 • 120 MINUTES

CRANIOSACRAL

GENTLE TOUCH TO CRANIAL BONES AND SPINE TO BALANCE THE NEUROMUSCULAR SYSTEM.

\$60 • 60 MINUTES

ABHYANGA

HERBAL INFUSED OIL MASSAGE WITH RHYTHMIC STROKES TO BALANCE YOUR DOSHAS.

\$150 • 90 MINUTES

RELAXATION - ADD ON

ADD REFLEXOLOGY, REIKI, CRANIOSACRAL OR AROMATHERAPY TO ABHYANGA, SWEDISH, COMBINATION & CONSULTATION.

\$25 • 30 MINUTES

FOR BOOKING CALL OR TEXT 949-573-4857

WWW.TRANQUILHEALINGOC.COM

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