

# 2024 Scrapaway Getaway Weekend!

## Table Massage Pre-Registration Announcement

Maggie of Muse's Touch Massage and Valerie of Gemstone Solutions will be providing semi-private massage services this weekend to ensure you have a wonderful and relaxing getaway. Maggie (M) and Valerie (V) will be masked as needed, and disinfecting shared surfaces between sessions. Essential oils will be diffused in the room as an added germ barrier.

### !!A NEW WAY TO REQUEST YOUR MASSAGE APPOINTMENT!!

Provide the information requested on the google form using this link

<https://forms.gle/bPX5WmpDoGSQdgGQ7>

Please be sure to arrive 2-3 minutes before your session. Remember, elevators can be very slow. Your appointment fee is for the time scheduled. If you arrive late, we still need to end on time for the next client and the price is as agreed originally. When you arrive, if the door is **closed**, please enjoy the seat outside until you are invited in for your session. **If the door is ajar**, please enter **without** knocking.

### MASSAGE HOURS

8pm-11pm **Friday (V)**                      10am-noon **Saturday (M&V)**                      9am-Noon **Sunday (M)**  
8pm-1am **Friday (M)**                      1pm-6pm **Saturday (M&V)**  
8pm-1am **Saturday (M)**; 8pm-11pm **Saturday (V)**

**Book your appointment early so you get your session as close to your preferred times as possible.**

- ~ Appointment requests **close at Noon on Sunday, February 18.**
- ~ Appointment Assignments will be in a chart in Google accessed with the **link provided in the Appointment Confirmation Email of February 19.** Just click on the link to see the full schedule.
- ~ If you do not receive a confirmation email by **February 20**, please call/text **610.883.7288 with your Name and Email.** Maggie will follow up with you asap.
- ~ The massage schedule will be at check-in at the SAGA Registration table. Walk-ins need to provide your mobile number to receive a reminder of your appointment.

### Length of Sessions + Rates

The lengths below are most frequently requested, and provide for easier scheduling and more participants. **20 minutes is \$40**                      **50 minutes is \$80**

**Cancellations at the Crop** ~if filled, no charge; ~if not filled, \$20

**Missed Sessions** (less than 2 hrs notice without fill) ~ full cost. You will receive a courtesy text if you haven't arrived in the first 5 minutes.

## Services Offered

Muse's Touch uses only organic, vegetable-based unscented body lotions, compliant with oncology session recommendations. Essential Oils are DoTerra products.

**Massage** balances energy, enhances emotional and mental wellbeing and promotes a restful sleep. Experience a blend of techniques and therapies tailored to your individual needs, from soothing relaxation to stimulating and energizing massage.

**Styles of Therapeutic Massage:** Orthopedic Head, Neck & Shoulder, Deep Work, Trigger Point, Oncology, Bowenwork and Reflexology.

**Styles of Relaxation Massage:** Myofascial Release, Bowenwork, Reflexology, Pre-natal Massage, and Reiki.

**Bowenwork** is a gentle, light touch that releases fascia, and opens energy pathways in the body, delivering deeply relaxing and healing results in a short period of time. Bowenwork can be done through clothing, seated, or even more relaxing, on a table!

**Pre-natal Care** includes Massage, Reflexology, Bowenwork and Reiki. Massage sessions are on the table, face-up or on your side. Both positions are supported with additional pillows.

**Reflexology** is deeply relaxing. Working the reflex points on the hands and feet stimulates the body's natural healing processes. It's a convenient alternative to massage (no need to undress), and a wonderful completion to a full-body massage session.

**Reiki** is a safe, gentle, form of energy work (light touch or no touch at all). Recipients report a reduction of pain, deep relaxation and a general feeling of mental and emotional wellbeing. Reiki offers the added convenience of being fully clothed for the session.