



# NIA'S SIGNATURE NERVOUS SYSTEM RESET™ *by Face Massage*

RELAX. RESET. RESTORE. YOU.

A deeply calming experience designed to help the body slow down, release tension, and support nervous system balance through intentional face touch, acupressure-inspired techniques, and relaxation-focused massage.

## CHOOSE YOUR EXPERIENCE



### 30-MINUTE NERVOUS SYSTEM RESET™

*Focused • Effective • Restorative*

A focused relaxation experience to release tension and calm the nervous system through face, jaw, temple, and scalp massage.

**\$50**



### 45-MINUTE EXTENDED NERVOUS SYSTEM RESET™

*Deeper • Longer • More Immersive*

An immersive experience for deeper relaxation and nervous system support with extended face, jaw, scalp massage and calming integration.

**\$75**



OR

## WHY ADD THIS TO YOUR WELLNESS PROTOCOL?



Calms the body during stress and overwhelm



Encourages nervous system down-regulation



Releases tension in the face, jaw, and scalp



Complements biomagnetism and other therapies



Creates intentional time for rest, reset, and self-care

## ENHANCE YOUR EXPERIENCE (OPTIONAL ADD-ONS)



### SOUND HEALING (TIBETAN BOWL)

Promotes deep relaxation and energetic balance



### ITERACARE TERAHERTZ INTEGRATION

Supports circulation and deeper relaxation



### RIFE FREQUENCY SUPPORT

Supports energetic balance and overall well-being

*A moment for you. A reset for your body. A return to balance.*



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