

# Michele Spencer

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***I love healing touch... it is ALL That...it is Everything!***  
***it is Sacred Soul Medicine!***

I will provide a flowing fusion of creative therapeutic touch that is especially choreographed for YOU: Mind, Body and Spirit. An integrative bodywork session is a holistic combination of *Reiki, Shiatsu, Swedish and Thai Massage techniques*. I will mindfully move with your body to open locked muscles, free energy blockages, relieve tension and soothe stress thereby boosting the immune system and increasing flexibility and range of motion. Your session will end in the grounding sounds of tuning forks, chimes and Crystal/ Tibetan bowls.

It is my honor and sincere pleasure to assist you on your healing journey. I look forward to sharing the love of bodywork. ***Manifesto: Live 4 Love!!***

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## **INTEGRATIVE BODYWORK MASSAGE**

60 min \$90

90 min \$140

## **INTEGRATIVE THAI MASSAGE**

60 min \$90

90 min \$140

## **ADD-ON SERVICES**

Body Scrub \$50

Hot Stone \$30

Foot Reflexology Scrub \$30

CBD Massage Oil \$10

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**Have a Heated Pool? Aquabody Therapy is available \$120**

**Mobile Services Available \$25-\$40**

## **DISCOUNTS: Buy More-Save More**

Purchase Three (3) 60 minute sessions: \$250 (regular \$270)

Purchase Three (3) 90 minute sessions: \$390 (regular \$420)

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## **CREDENTIALS: Life Student!!**

- Florida Licensed Massage Therapist/California Certified (Thai/Shiatsu/ Aqua Therapy, Reiki)
  - Registered Yoga Teacher(E500): Kemetic Yoga, Y12SR (Yoga and 12 Step Recovery)
    - Integral Sound Practitioner/ Wellness Coach - PSYCH-K®,
    - Master of Science - Exercise Science: Health Promotion
  - Retired Army Medical Service Officer(Colonel) Combat Veteran 34 years
- Published Author: Brixton's Rainbow: My Light Body-A Journey with the Chakras and B.A.G.H.D.A.D. Yoga: A Shift in Consciousness- Fear to Love ~ War to Peace

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