

## ☪ Ana Reyes, LMT

1st & 3rd Thursdays  
and rotating Saturdays

Ana is a Licensed Massage Therapist and graduate of the Finger Lakes School of Massage in Mt. Kisco, NY where she successfully completed their state approved 10000-hr curriculum. This allowed her to achieve a certificate in Massage Therapy and Hydrotherapy where she had the opportunity to practice in professional settings through their community service clinics. She has had the opportunity to work professionally with a variety of populations, one of them being Richmond Community Services, a medical center for children and adults with developmental disabilities and Omega Institute for Holistic Studies, a non-profit educational retreat center located in Rhinebeck, NY. She specializes in Swedish and Deep tissue massage but tries to incorporate other healing modalities into her work.



She is very passionate about Massage Therapy and her approach to healing is based on the individual needs of each client, believing that it creates a deeper relationship with ourselves by simply being. This creates a balance of mind, body, and soul.



**A.R. Massage Therapy**  
(845) 891-7784

<https://armassagetherapy.square.site>

## ☪ Gina Burton, LMT

2nd & 4th Thursdays  
and rotating Saturdays

Gina Burton, is a Licensed Massage therapist, Reiki Master practitioner, long-time Tarot reader, and founder of The Healing Arts Center. Gina combines the many years of empathetic healing arts to create a healing session that treats the Mind, Body, and Spirit. Over the years its been a true joy for Gina to bring healing to the chronically ailing Mind, Body, and Spirit.



Have you suffered an injury, illness, setback, or change of direction? Have you come to the point where you need to do something differently? Massage unlocks old muscle patterns that cause pain and stiffness bringing relief to the weary .. who doesn't want that?

Are you ready to bring a little Zen into life? Gina realizes that once size doesn't fit all. She uses a variety of techniques in sessions to get the results needed at that moment, for each individual person. This masterful work helps to guide the client toward their highest good while making them aware of potential future issues.

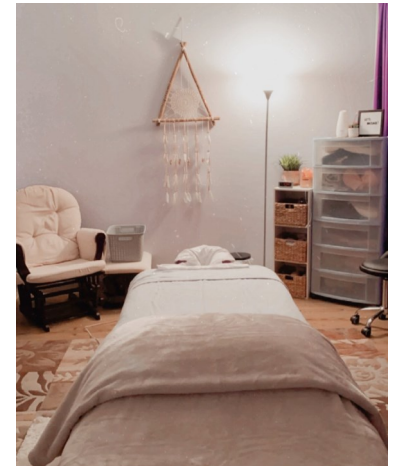


*It's a Really Good Thing*  
**The Healing Arts Center**  
(469) 740-4321  
[Itsareallygoodthing.com](http://Itsareallygoodthing.com)

## Akasha's Journey

Balance for Blessed Beings

Massage  
&  
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# Massage Services

## ☞ Swedish Massage

A relaxing, light to medium pressure, full body massage designed to improve circulation, reduce tension, and relieve stress, leaving you feeling healed. *Also offered as a specialized “Teen Massage” service for ages 16 and younger with parental supervision. (Ana or Gina)*

## ☞ Deep Tissue Massage

Designed to address chronic muscle tension, relieve sore muscles, and improve joint mobility, by accessing multiple layers of muscle and fascia, where pain and tightness manifest, leaving you feeling rooted. *(Ana or Gina)*

## ☞ Focused Massage

Focused specifically on the tension of the back, neck, shoulders. This treatment provides relaxation and decreases chronic muscle tension at the same time, leaving you feeling strong. Add Deep Tissue to this service for an additional \$15. *(Ana or Gina)*

## ☞ Prenatal Massage

A massage designed for the expecting mamas, past 14 weeks of gestation. Custom made for each mother and performed in a side-lying position, to keep both mom + baby comfortable. It targets areas of discomfort and swelling, finding relief and relaxation. *(Ana or Gina)*

## ☞ Reflexology

A foot massage where specific “zones” of the feet are stimulated to promote healing and restore balance in other areas of the body. *(Ana or Gina)*

## ☞ Hot Stone Massage

The placement of heated stones on the body for relaxation and therapy. Primarily used to alleviate physical pain issues, however also used to promote emotional and spiritual well-being in practice. *(Gina)*

## ☞ Lomi Lomi

A traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and sometimes elements of prayer, breathing and dance to restore energy and soothe the body (also known as the 'loving hands' massage). It works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch. Long, continuous strokes of the massage are designed to help the body let go of its old patterns and behaviors stored within cellular memory, which can cause as many stresses and strains as muscle tension. *(Gina)*

## ☞ Cupping

Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. Facilitates the flow of “qi” in the body and helps balance yin and yang. Restoring balance between these two extremes is thought to help with the body’s resistance to pathogens as well as its ability to increase blood flow and reduce pain. Can be its own therapy or added to a service. *(Gina)*

## ☞ “Twice the Love” Massage

Ideal for two loved ones wanting to share an experience of relaxation and healing. During this appointment, there are two massage therapists working in the same room. This service has also been called a “Couple’s Massage”. *(Ana and Gina)*

## ☞ Mini Treatments

These 30 minute treatments are perfect for those who are on the go! They are very relaxing and effective. Choose from *Foot & Hand reflexology Mini* or *Face, Neck & Scalp massage*. *(Ana)*

## ☞ Chair Massage

Focused on areas of your back, shoulders, neck, arms, and hands with the most tension, given while you sit in a special massage chair, fully-clothed, without the use of massage oil, and can be effective in as few as 15-20 minutes. *Available for group sessions, events, festivals, and workplace wellness. Contact us for more details. (Ana or Gina)*

## ☞ Add-ons

*Customize your self-care experience by adding any of the following onto your healing session: Add...*

CBD to any Service

Aromatherapy to Ana’s Services

Percussion to Ana’s Services

Cupping to Gina’s Services

Reiki to Gina’s Services

[Book an Appointment! —>](#)

