



Mini relaxation or Full sessions of Face or Foot Reflexology or Reiki at LCR by Sherry Holzerman

WHEN: Saturday, 10/14/17 from 10:00 am – 4:30 pm by appointment only scheduled on every ½ hour. Noon booking is not available. Full sessions are available to any individual booking two consecutive time slots. Please email Sherry Holzerman at sasndash@comcast.net with your time slot(s) preference and your contact information (phone # & email address).

***** I will donate 20% of the proceeds made to LCR*****
Cash payment due at beginning of session to Sherry

20-25 Minute Mini Relaxation Face Reflexology Session = \$35

45-50 minute Full Face Reflexology Session = \$70

(Full sessions available only if booking 2 consecutive time slots for the same service)

Face reflexology is done by manually stimulating specific reflex areas, nerve and acupressure points in conjunction with Chinese & Tibetan meridian systems. The mini session will consist of 20-25 minutes of reflexology & relaxation techniques done on the face. The full face session will consist of performing the 7 complete steps and techniques done on the face approximately 45-50 minutes.

20-25 Minute Mini Relaxation Foot Reflexology Session = \$25

45-50 minute Full Foot Reflexology Session = \$50

(Full sessions available only if booking 2 consecutive time slots for the same service)

Foot reflexology is done by manually stimulating specific reflex areas and points in conjunction with Chinese meridian system. The mini session will consist of 20-25 minutes of reflexology & relaxation techniques done on the plantar surface (bottoms) of the feet. The full foot session will consist of 45 to 50 minutes of work on the entire foot and ankle areas of both feet.

20-25 Minute Mini Reiki Session = \$25

45 – 50 minute Full Reiki Session = \$50

(Full sessions available only if booking 2 consecutive time slots for the same service)

Reiki is a non-intrusive Japanese healing technique where universal life-force energy flows through a trained practitioners hands into the recipient. The 20-25 minute mini session will consist of checking your chakras by using a pendulum & energy work (hands held on or off (above the body)). The full session will allow more time spent in each of the 10 hand positions.