



Mini relaxation or Full sessions of Face or Foot Reflexology or Reiki and newly added Far Infrared and Negative Ion Therapy at LCR by Sherry Holzman

WHEN: Held One Saturday per Month (See LCR Website) from 9:00 am – 3:30 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. **Newly added: the addition of Far Infrared and negative ion therapy by lying on an amethyst Infra Mat Pro for increased relaxation benefits.** Please email Sherry Holzman at sasndash@comcast.net with the type of service, your time slot (s) preference and your contact information (phone #).

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

25 minutes Amethyst Far Infrared Mat Relaxation Session = \$25

50 minutes Amethyst Far Infrared Mat Relaxation Session = \$50

Clients can now book a session for deep relaxation and other benefits from far infrared and negative ion technology by laying on the Infra Mat Pro. When heated the amethyst mat produces negative ions and far infrared waves (a non-visible form of light therapy which is felt as heat) to penetrate into the body and NO EMF's are emitted. Your choice of 3 settings. Some benefits experienced on LOW setting are increased relaxation, regenerative sleep & recovery, improves circulation and reduces stress/anxiety. MEDIUM setting benefits are pain relief, reduces inflammation within the body, lessens joint & muscle stiffness, faster recovery time after working out, promotes cell regeneration and improves flexibility. HIGH setting is for sauna-level cleansing & detoxing purposes and aids metabolism (25 minutes only on HIGH setting).

NOTE: The amethyst Infra Mat Pro can be added into any of the therapy sessions below on the low setting only at no extra charge by request.

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.

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 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.