



RELAX WITH REFLEXOLOGY & EAR CANDLING

Foot Reflexology is a pressure therapy involving the feet. It revolves around the understanding that there are reflex points on the feet which correlate to every part of the body. It cancels out the effects of stress while it helps the body to reach a place of deep relaxation where it can balance the body systems. Reflexology helps fight inflammation and clears any blockages in the body that create illness and pain.

Hand Reflexology is the same therapy as foot reflexology, involving the hands instead. In addition to all the amazing benefits of foot reflexology, hand reflexology also aims to relieve pain in our thumbs, fingers and palms from everyday use, arthritis, joint pain and carpal tunnel.

Ear Candling works by lighting the wide end of a specialized candle then gently inserting the tip into the ear. Together, the spiral shape of the candle and the herbal smoke in the ear canal, stimulate the respiratory system to cleanse. The gentle vacuum action of the procedure causes build up and debris to be pulled out. It eases earache, headache, sinus pressure and allergies. As well as sharpening mental function, vision, hearing, taste and color perception. It is safe for children of all ages and can help relieve ear infections. Candling is very relaxing, non-invasive and there is no heat felt in the ear canal.



Foot Reflexology

60 min...\$65

30 min...\$45

Hand Reflexology

30 min...\$35

Ear Candle

Adults...\$45

18 & under...\$30

Packages/Add Ons

60 min Reflexology + Ear
Candling...\$90

30 min foot reflexology + 30
min hand reflexology...\$70

60 min foot reflexology + 30
min hand reflexology...\$90

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