



### HERBAL STEAMTENT

30 minutes \$30

Part of a detox or to relieve congestion - using herbs and/or essential oils

### CASTOR OIL PACKS varying times and prices

"These oil packs are used for stimulating the liver, relieving pain, increasing lymphatic circulation, reducing inflammation, and improving digestion."

### HERBAL BODY WRAPS 60 minutes \$75.00

*RELAXATION WRAP* - an excellent choice for someone who has had a long stressful day and needs to unwind before retiring for the night.

Receive a mini scalp massage while your skin absorbs the benefits of the wrap.

### *DETOXIFICATION/REJUVENATION WRAP* -

a good choice for early in the day or when doing a detox. Receive an invigorating foot rub while soaking up the herbal blend.

### *SEAWEED DETOXIFICATION*

### *REMINERALIZATION WRAP* - great for a detox

Seaweed tones, moisturizes, nourishes, detoxifies and helps speed up cell regeneration.

### LYMPHATIC DRAINAGE OF FACE AND NECK 30 minutes \$30

Good to reduce swelling after dental or facial surgery, for sinusitis or acne

## A HEALING HAND

20 Grote St.

St. Catharines, On

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Grote Street is off Geneva St., across from the Fairview Mall (behind the Dairy Queen). Grote may also be accessed from Carlton St.

20 Grote is the former Fine Kettle of Fish Restaurant and the new location of

### YOGA BY SARAH

&

### A HEALING HAND.

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- ✓ RELAX
- ✓ ELIMINATE STRESS
- ✓ LOOK GOOD & FEEL GREAT
- ✓ IMPROVE CIRCULATION
- ✓ LESSEN PAIN
- ✓ DETOX
- ✓ GIVE SOMEONE YOU CARE ABOUT A BEAUTIFUL GIFTBAG OF HANDMADE ALL NATURAL HEALTH & BEAUTY PRODUCTS
- ✓ CHOOSE THE RIGHT HERBS FOR YOUR HEALTH
- ✓ PAMPER YOURSELF



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Everyone deserves a little TLC. Come in and choose one of the many treatments available, whether it is to help lessen pain or stress, or simply for relaxation. All products used in treatments can be purchased on site or by special order. They are hand made in small batches from all natural ingredients.

Colleen is a certified herbal consultant with a diploma in health and nutrition. She is certified in foot reflexology through the Ontario College of Reflexology, certified in Hot Stone Massage, Egyptian Head & Neck Massage, Integrated Massage using the art of aromatherapy, Herbal Thai Stem Massage & Facials.

In her desire to use chemical free products, she produces her own line which is available to her clients and the public.



#### HOT STONE MASSAGE 60 minutes \$75

Takes advantage of both compression massage & heat, along with general massage techniques. Increases circulation, stimulates lymphatic, heat penetrates deep into muscles, releasing tension & pain.

(Add crystals & essential oils 70 minutes \$85)

#### BE WAITED ON HEAD and FOOT

60 minutes \$60

A head massage and foot massage

#### EGYPTIAN HEAD & NECK MASSAGE

30minutes \$30

Works on pressure points & reflexes of head & ears, relieving tension, headaches, neck & back pain, alleviates stress, stimulates lymphatic, increases circulation, normalizes blood pressure, relieves insomnia.

#### HAND MASSAGE 30 minutes \$30

Excellent choice for people who either overwork or have arthritis in their hands.

#### ADD A MOISTURIZING OR HEALING MASK TREATMENT TO THE HANDS 60 minutes \$75

#### INTEGRATED MASSAGE (With

Aromatherapy) 60 minutes \$60

A personalized treatment geared to your own needs. Essential oils trigger the limbic system & olfactory centre, initiating gentle changes within.

#### HERBAL THAI STEM MASSAGE

90 minutes \$140

Detoxifying full body treatment incorporating Thai Massage, Lomi Lomi stretch techniques, Swedish massage and the use of steamed organic herbal compresses made in Thailand from hand picked herbs. They produce a warm, moist, heat for deep penetration into the muscle.

#### HERBAL THAI STEM FACIAL

45 minutes \$75.00

An amazing relaxing facial using herbal compresses chosen to suit your skin type after your face has been cleansed, toned, and your marma points stimulated, and followed by a collagen face mask (plant origin). Stimulates the lymphatic in face and neck

#### DETOX TREATMENT - 60 minutes \$70

Dry brushing/hot towels/detox blend/flushing

#### MANUAL MICRODERMABRASION

FACIAL 45 Minutes \$45

Face is cleansed, followed by PH balancing steam (as needed), then an exfoliating microdermabrasion scrub applied, then an Australian green clay rose mask, (scalp is massaged while mask dries) followed by a moisturizing toner. Facial can be altered to suit the needs of the client but this facial can be used for most skin types.

#### SEASONAL FACIALS 45 Minutes \$75

(PEACHES/CREAM, CUCUMBER, PEAR, PUMPKIN)

#### REFLEXOLOGY OF THE FEET 50 minutes \$50

Works on the zones and reflex points of the feet to help dissolve crystals & open nerve pathways of the body

#### FOOT FANCY 60 minutes \$70.00

Soak in a wonderful ocean inspired foot bath and imagine you are at the beach. Your feet rest atop smooth beach stones while a sea salt mixture prepares your feet for a beach sand exfoliation, followed by a heavenly foot massage

#### SEA GREEN FOOT MASK 60 minutes \$75.00

A good treatment for days when you have been on your feet for hours; it deodorizes, exfoliates, and stimulates detoxification through the soles of the feet.

#### CRYSTALS AND ESSENTIAL OILS

15 minutes \$15.00

Chakras are the energy centers in the body and for optimum health they need to be balanced and open and this helps achieve that. Great add-on to a Hot Stone or Egyptian Head & Neck Massage.

#### SONAFON - 10 minutes \$10.00

Helps to control pain through use of sound waves