

安 Specialty Bodywork Services

At Everything Zen, we give you the best in customer service while providing wellness therapies custom-tailored to your lifestyle, personal goals, and therapeutic needs. From therapeutic massage, to organic skin care and nutritional advice, our approach is to look at each individual through mind, body and spirit, creating a therapy that works for you! The following is a listing of our **Specialty Bodywork**:

- **Touch For Health** is a simple, non-invasive form of healing which tests various muscles in the body to facilitate whole body healing. Touch for Health works closely with the thirteen meridian systems in the body, and allows the innate knowledge of the body to create the capacity for self-healing. Touch for Health is effective for pain relief, releasing stored emotions, and providing deep relaxation. Touch for Health can also be a useful first step in determining individual food intolerances. 60 minutes at \$80 and 90 minutes at \$115 are available.
- **Foot Reflexology** stimulates pressure points (or reflexes) on the feet. These reflexes correlate with organs in the entire body. Reflexology encourages deep healing and homeostasis, or a balancing effect on all the major systems of the body. 30 minutes at \$45; 60 minutes at \$80 and 90 minutes at \$115 are available. New EZen BE WELL Membership Program pricing would be \$59 for 60 minutes during your membership period.
- **Raindrop Therapy** is a technique that uses nine therapeutic grade essential oils that are massaged into the spinal column. The combination of oils can have antibacterial, anti-viral effects, and are wonderful for balance and alignment. This service is offered for 60 minutes at \$80.
- **CranioSacral Therapy** can help to balance the central nervous system, creating a deep state of relaxation. CST is gentle and safe for most anyone, and can help with a variety of conditions, from Fibromyalgia to stress related disorders. 60 minutes session at \$80 and 90 minutes at \$115 are offered.
- **Cupping** is a form of bodywork based on the idea that suction from the cups drawing the skin up and mobilizing blood and energy around the body to promote healing. This is a good modality to deal with stress, or physical trauma like a pulled shoulder, where the energy in your body becomes stagnated. This form of therapy can release various conditions. Cupping enables the blood and energy to move again and travel to the area to begin the healing process. This session would be for 45 minutes at \$60.



For any questions about our services, please feel free to contact us at **860-556-2914**

Everything Zen

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Located at 495 Gold Star Highway, Ste. 320, Groton, CT
www.everythingzenmassage.com

For Better Health & Wellness!