



Our Other 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!

Other Services We Offer

- **Ear Candling** helps to remove wax from the ears. Osmosis creates a water vapor that effectively yet gently removes wax buildup. Ear candling can help alleviate sinus pressure, ringing in the ears, and many other ear conditions. We offer 45 minutes sessions for \$65.
- The **BioMat** offers Far Infrared Rays which remove toxins, purify blood, clear out free radicals, revives cells, reduces swelling and inflammation, improves lymphatic flow, and enhances immune function. The BioMat also offers Negative Ions which activate the body's entire cellular communication system; making every single function of the body work better. Also, it restores the pH to a balanced, alkalized state, promotes deep relaxation and enhances sleep, which it also decreases drowsiness and stress and enhances mental well-being. The BioMat also uses Amethyst Crystals which are "nature's superconductor", imparting a soothing and calming effect, provides powerful detoxification for respiratory, digestive and cellular disorders, promotes peacefulness, naturally amplifies the Far Infrared Rays, making them more compatible to the body.
The BioMat is offered: 30 minutes for \$30, 60 minutes for \$50, or with massage or bodywork at \$30.
- With **Flower Essence Therapy**, vibrational extracts of flowers are used to treat mind, body and soul imbalances. The essences work on a very subtle yet powerful level, working to harmonize and facilitate gentle healing. A series of three consultations is typically recommended.
We offer a Single Consultation with Essence at 60 minutes at \$75 or a package of 3 which includes essences, initial and subsequent consultations for \$200.
- **Access Bars Technique**, a gentle hands on technique that anyone can benefit from. The therapist gently places their hands on various points of the neck and head. Access Bars can help to release old traumas, and helps to heal on the physical, emotional, mental and spiritual levels. This service is offered at 60 minutes at \$75, and 90 minutes for \$105.



860-556-2914

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

For Better Health & Wellness!