



# Inspired Wellness ~ Wellness & Writing



**Mission:** To serve & inspire you to care for your well being...body, soul & spirit.

**Website:** [www.inspiredwellnessandwriting.com](http://www.inspiredwellnessandwriting.com)

☆ Taking NEW CLIENTS in 2021~ Stay tuned! ☆



## Therapeutic Bodywork (per session):

- \*Pain Ease Therapy (ultrasound+massage+anti inflammation oil) \$40 (30min)/ \$70 (1HR)
- \*Back & Shoulder Care (Infrared mat + fascia roll + CDB oil) \$35 (30 min) / \$65 (1 HR)
- \*Skin Nourish Therapy (anti-age, antioxidant massage, face to feet!) \$65 (1HR)
- \*Immune Therapy (oils to fortify immune/lymph system- Like Raindrop) \$65 (1HR)
- \*Therapeutic Bodywork (Trigger point muscle therapy, fascia release, stretching, & aromatherapy) Spot Specific \$30 (30 min), \$45 (45 min), or Full Body \$55 (1 HR)
- \*Refresh Facial (4 step facial: cleanse, mask, exfoliate, moisturize) \$40 (30 min)
- \*Reflexology (leg + foot massage: stimulates nervous system) \$30 (30 min)
- \*Chair Massage (focus on neck, back, & shoulders) \$15 (15 min) / \$30 (30 min)
- \*Scalp Massage (argan/coconut oil blend massaged into scalp+hair) \$20 (20 min)
- \*Yoga Session (Gentle or Power Flow/ Group or Solo) \$10 - \$20 per person (45 min)



## Writing (Book Club & Blog):

- \*Holistic Wellness Book Club (ACD & POD) **Coming Soon!** \$10 per person/per session
- \*Lovely Longevity Blog <https://www.inspiredwellnessandwriting.com/blog>
- \*Etsy Shop [www.etsy.com/shop/WELLNESSandWRITING](http://www.etsy.com/shop/WELLNESSandWRITING)



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