

HEALING ARTS SERVICES

Gíni Garrett, LMT (Iowa License #002244) * 202 N. Main St, Sigourney

Zero Balancing®

Allow up to 60 minutes.....\$60

30 minutes.....\$30

CranioSacral Therapy

45 minutes.....\$45

30 minutes.....\$30

“Body Reset” Session

60 minutes.....\$60

30 minutes.....\$30

Foot Massage

30 minutes.....\$30

Combine with ZB, CST, Shiatsu, or Reiki:

60 minutes ...\$55 or 90 minutes ...\$85

Combine with a Swedish massage:

60 minutes ...\$60 or 90 minutes ...\$90

Relaxing Swedish Massage

60 minutes.....\$65

30 minutes.....\$35

Combine w/ a Foot Massage: 90 minutes.....\$90

Shiatsu Massage

60 minutes.....\$60

30 minutes.....\$30

Combine w/ a Foot Massage:

60 minutes ...\$55 90 minutes.....\$85

Cupping Therapy

Sessions range from

20-45 minutes\$1/minute

Reiki

60 minutes.....\$60

30 minutes.....\$30

Touch for Health Muscle Balance

Sessions range from

30-45 minutes\$1/minute

Sound Therapy

20 minutes.....\$20

Bach Flower Remedies

Bach Flowers are a safe, simple, complementary therapy that work by acting at the emotional level to help heal negative emotional states such as fear, anxiety, despair, feeling overwhelmed, defensive or irritable.

Initial consultation ...\$65

The initial consultation takes about an hour and provides an educational overview of the remedies and how to use them, in addition to helping you select remedies for a personal treatment bottle.

Follow-up consultation ...\$35

A follow-up consultation takes about 30 minutes to discuss how the remedies are working, answers to any questions about the remedies, and selecting remedies for your personal treatment bottle.

Mini consultation ... \$10

A mini consultation takes about 10-minutes and is for those who are comfortable choosing remedies on their own and use the consultation to confirm their choices.

All consultations include a complementary personal treatment bottle.

By Appointment

Monday thru Friday

641-224-2577

Payment is due at the time of service. Healing Arts accepts cash, personal checks, credit cards and Sigourney Dollars.

