

# HEALING ARTS

## BODYWORK & MASSAGE



RELAX.  
STRESS LESS.

*Relaxing bodywork, massage and  
complementary therapies to facilitate  
your optimum well-being.*

By Appointment

**641-224-2577**

*Located at Amy's Salon House & Spa  
202 N. Main • Sigourney*

Gini Garrett, LMT

[www.ginigarrett.com](http://www.ginigarrett.com)

## Menu of Services

### **Relaxing Swedish Massage**

60 minutes.....**\$65**

Relax for an hour with a Swedish massage. Almond-scented massage cream is used for a soothing massage.

### **AromaDrop Massage**

60 minutes.....**\$70**

Experience the benefits of an aromatherapy massage using a compliment of essential oils to help relieve stress, reduce pain, calm the mind, and allow the body to deeply relax.

### **Shiatsu Massage**

60 minutes.....**\$60**

For those who prefer a deeper pressure, relax for an hour with a Shiatsu or "finger pressure" massage, which addresses with focused touch the acupressure points along the meridians that flow throughout the body.

### **Zero Balancing®**

50-60 minutes.....**\$60**

Zero Balancing (ZB) is a subtle yet powerful holistic technique that releases held tension through a series of gentle stretches and finger pressure.

### **CranioSacral Therapy**

60 minutes.....**\$60**

Experience the healing power of the light touch of CST, a non-invasive therapy using a protocol to assess, modify and correct restrictions in the CranioSacral system to improve wellness and enhance the body's self-correcting and regulating mechanisms.

### **Foot Massage**

30 minutes.....**\$30**

Bare your soles! When your feet feel good, YOU feel good!

### **Reiki**

60 minutes.....**\$60**

Reiki is a Japanese technique for relaxation, stress reduction and healing. The practitioner's hands are in contact with or held close to your body to channel Universal Energy resulting in feeling grounded and centered.

### **Cupping Therapy**

from 20-40 minutes... **\$1/min.**

Cupping therapy uses various vacuum cups to utilize negative pressure to increase blood flow to skin and muscles, release rigid soft tissues, lift connective tissue, loosen adhesions, and drain excess fluids and toxins. Available as a stand alone treatments or may be combined with a massage.

### **Customized Sessions**

Not sure what you would like for your session? Please ask about customizing a session to suit your individual needs. Many techniques can be combined for a 60- or 90-minute session.

*By Appointment • Weekdays • 641-224-2577*