



# *Bee Massaged and Reflexology*

## *Techniques*

### *Custom Therapeutic Massage*

A personalized massage incorporating various techniques to achieve maximum benefit.

### *Cupping Therapy*

Cupping is an application of negative pressure, rather than tissue compression for superior bodywork. Suction cups rapidly facilitate rigid soft tissue release, loosens & lifts connective tissue, breaks up and drains stagnation while increasing blood & lymph flow to skin & muscles in ways not possible using compression. Add this to your “custom massage”.

### *Reflexology*

Reflexology is the practice of applying alternating pressure to the feet and hands based on a system of zones and reflex areas that reflect an image of the body on the feet and hands to bring balance and physical change in the whole body.

### *Reiki*

Reiki is a Japanese technique for stress reduction, relaxation and healing. It helps the body heal by balancing the flow of “life force energy” to create a clear pathway of positive energy flowing through the body.

### *Manual Lymphatic Drainage*

An amazing technique that increases lymph flow. Wonderful for pre and post surgery, any edema and specifically lymphedema.

### *Face Lift Massage*

One full hour focusing on lifting and toning the muscles in your face, giving the appearance of a toned and healthy face.

### *Reflexology*

30 minutes: \$35.00  
1-hour: \$55.00

### *Massage*

30 minutes: \$35.00  
1-hour: \$65.00  
1 1/2 hours: \$100.00  
2 hours: \$130.00

Gift certificates available

*Bee Happy*

*Bee Well*

*Believe*