

# Fern Hill Therapeutic Massage



## Integrative Massage & Bodywork

*Swedish & Deep Relaxation*

*Reiki & Energy Work*

*Reflexology*

*Hot Stone Massage*

*Breath, Sound & Body Awareness*



### *Pricing*

*One hour - sliding scale: \$55-65*

*1/2 hour - \$35*

*75 min - \$75*

*90 min - \$95*

*Hot stone - 75 minutes - \$85*

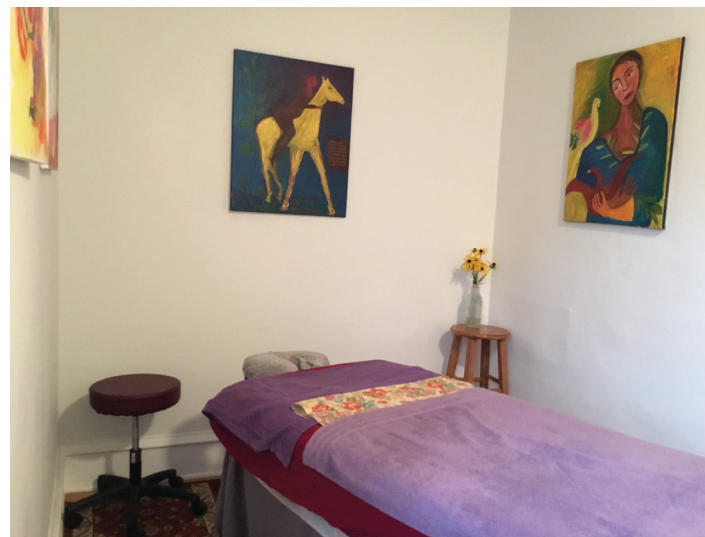
*Deep relaxation helps relieve stress and tension, both physical and emotional.*

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[www.fernhillmassage.weebly.com](http://www.fernhillmassage.weebly.com)



*Therapeutic Massage*  
*Since 1994*



### *Individualized Sessions*

*Incorporating a variety of modalities*

*Swedish, Esalen, Deep Tissue,*

*Reiki, Cranio Sacral*

*Energy Work, Reflexology*

*Breath, Sound & Deep Relaxation*  
*Hot Stone Massage*

*"Massage allows us to be more fully aware of ourselves, supports our well being ...encourages us to pay attention to our inner wisdom."*

### *Body Music - Arké*

*Fully clothed educational body work that supports organic healing through breath, sound, touch, & movement*

