

## Experience the Soothe Your Soul Difference:

Soothe Your Soul features a highly trained group of Licensed Certified Massage Therapists and Energy Therapy Practitioners who are dedicated to helping clients improve their overall well-being. We offer outstanding service and flexible scheduling. We are here for people who care about living the best, healthiest version of themselves. We provide powerful, safe & simple solutions to enhance your well-being.

- All of our massages are **Therapeutic Quality, and we do not charge an additional fee for that.**

We can't help it! We just can't hold ourselves back and do a traditional relaxation massage. We want to get to the source of the problem and help you heal. Don't worry, you will still leave feeling like you've been wrapped in a cloud and the "reset" button has been pressed on your body.

- There is also **no upcharge** for the use of Therapeutic Grade Essential Oils, Maternity Massage or Deep-Tissue work.
- We formulate our own homemade, all-natural massage lotion.
- Online scheduling is available 24/7 on our website [soothe-your-soul.com](http://soothe-your-soul.com)

### Not sure what type of massage is best for you?

That is why we developed our Integrative Therapeutic Massage Treatments. Our team of skilled Therapists will tailor every massage to your specific areas of concern during each session using a combination of techniques and pressure. The only decision you need to make is how long you would like the session to last – 30, 60 or 90 minutes.



# Soothe Your Soul

Mind, Body, & Spirit Wellness

Now Located inside  
the Oxford Legacy Center!



925 N. Lapeer Rd. Ste. 113  
Oxford, MI 48371  
Use south entrance & parking  
(248) 236-9855

Evening and weekend appointments available

24/7 Online scheduling available  
Download our App or visit our website  
[soothe-your-soul.com](http://soothe-your-soul.com)

Be sure to check out  
our great shop filled with  
unique and locally made gifts!

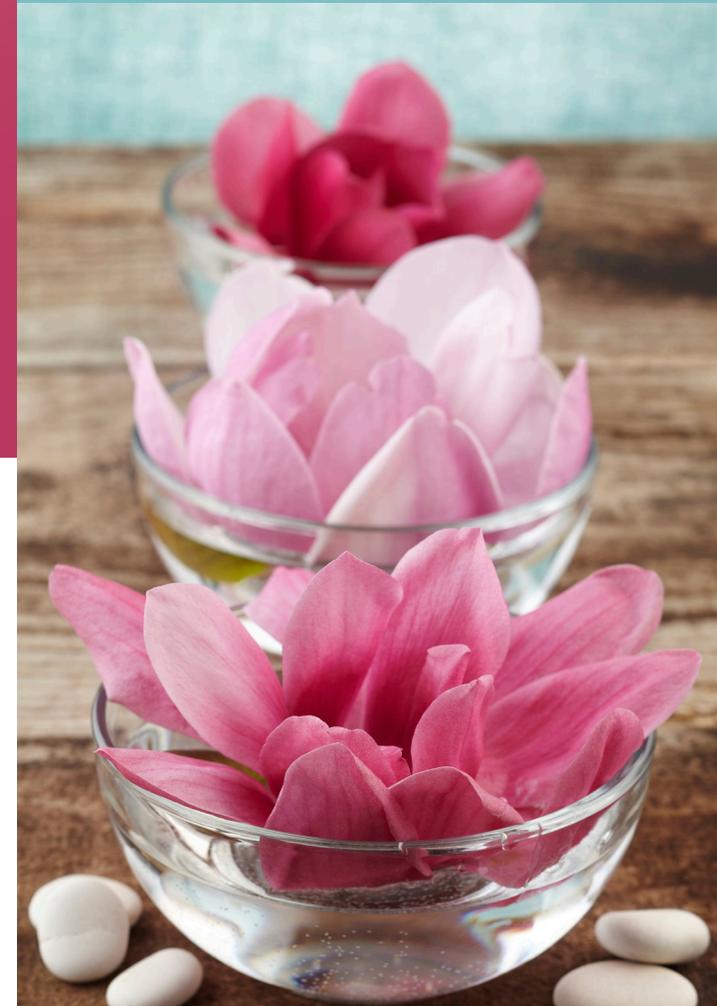


# Soothe Your Soul

Services to Inspire, Uplift & Empower  
Your Mind, Body & Spirit

## Service Menu

Providing powerful, safe & simple solutions  
to enhance your well-being.



## Integrative Therapeutic Massage

Find relief from chronic pain and tension with this full-body therapeutic massage. Your therapist will tailor your treatment to your specific concerns and needs, combining various techniques and pressure (**Swedish, Relaxation, Sports Massage, Trigger Point Therapy and/or Deep Tissue**) to provide a personalized and customized experience for your desired outcome.

30 minutes \$45, 60 minutes \$75, 90 minutes \$110

## Maternity Massage

Find relief and relaxation during all stages of your pregnancy. Many women find that pregnancy massage helps to relieve discomfort, and pain while promoting health and well-being for you and your baby.

60 minutes \$75

## Hot Stone Massage

The healing power of heat is combined with traditional massage techniques. Tension melts away as warm stones and essential oils are used over the body, radiating deep into tight muscles and bringing your mind, body and spirit into a state of deep relaxation.

60 minutes \$90, 90 minutes \$125

## Side-by-Side Couples Massage

Experience relaxation, healing body work and rejuvenation together side-by-side in the same treatment room. Perfect for couples, mother-daughter, or close friends. Each massage is customized to meet the individuals' areas of concern.

60 minutes \$150, 90 minutes \$220

## Aroma-Touch Technique

A clinical approach to applying essential oils to combat four systemic constants: stress, toxic insult, inflammation, and autonomic imbalance. Eight grade A essential oils are layered onto the spine and feet for long lasting healing.

75 minutes: with Massage \$90, with Energy Healing \$85

## Reiki

Reiki is an ancient "laying-on of the hands" healing technique that brings balance by clearing stagnant areas in your energy field by balancing the subtle energies within the body. Reiki addresses physical, emotional, mental and spiritual imbalances.

60 minutes \$70, 90 minutes \$100

## Reflexology

This treatment stimulates the nervous system to relieve tension by applying appropriate pressure to specific reflex points on the hands and feet that correspond to body systems and organs. Treatment will include a dry soak in Himalayan Sea Salts and the use of pure, therapeutic grade essential oils.

30 minutes \$45, 60 minutes \$75

## Integrative Healing

During this healing session, your Practitioner will use their intuition and knowledge of various healing modalities to tailor the perfect session for your unique desires. This session can help you in a specific area of your life and assist you in expanding, healing and balancing your energies.

60 minutes \$70, 90 minutes \$100

## Craniosacral Therapy

This therapy involves light to medium touch on the bones of the skull, spine, pelvis (entire body); to release tension and compression in the systems and improve overall function and alleviate stress and pain.

60 minutes \$75, 90 minutes \$110

## "The Bars" Access Consciousness

There are 32 bars of energy that run through and around your head. They store the electromagnetic component of all thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. "Running the Bars" is a simple, non-invasive, energy process where the facilitator lightly touches each point on the head to release the solidified energy. Receiving this process usually leaves you with a sense of peace and space, and a feeling like there is more possibility open to you.

90 minutes \$125

## Soul Session with Hannah

Your session may involve energy-work, intuitive guidance, meditation, coaching, relaxation, creative exploration, aromatherapy and/or more! Because each session is tailored to meet you exactly where you are today, Hannah will design your session just for you and each session thereafter will be unique.

Single Session 90 minutes \$124.

Multiple session discount packages also available.

**A MESSAGE IS AN INVESTMENT**  
For additional services or special offers,  
visit us online or download our App.



Give the  
gift of healing...

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is the perfect gift for anyone!

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