

# Massage & Energywork Therapies

Peggy Shaw, Certified Zen Shiatsu Therapist

## Indian Head & Japanese Foot & Hand Massage \$65.00

One hour of bliss just working on your feet, hands and head.

## Zen Shiatsu \$65.00

Traditional Japanese bodywork done on the floor on a futon.

One hour of specific stretches and bodywork for balance & health.

For additional emotional and stress support, add aromatherapy . \$75.00

## Thai Yoga Massage \$65.00

One hour Thai bodywork which incorporates assisted yoga poses for a deeper stretch. 90 minutes \$90.

## Foot Massage \$50.00

Peggy uses a variety of techniques including Japanese foot massage, Thai reflexology and Vitaflex to relax and revitalize the feet and body for 45 minutes.

## Acupressure Face Massage \$50.00

Looking in the mirror and seeing the stress of the day?

Try 45 minutes of gentle work on the face and neck muscles.

## Head, Neck & Shoulder Release \$35.00

30 minutes of massage and shiatsu techniques on the head, neck and shoulders for quick relief of stress and tension. This is a popular choice for corporate offices, events, retreats, workshops and fundraisers.