

Who Needs Massage? Every Body.....

Massage increases the circulation in the blood and lymph systems, thus carrying off harmful metabolic waste by-products. These accumulate in the cells of the muscle tissue from overwork, tension and fatigue. Increased nutrition and oxygen from the blood assists healing processes and heightens the body's overall vitality.

Additional benefits are: alleviating pain in sore muscles, relaxing tension in the body brought about by psychological stress, toning of skin and muscle tissue, dilation of the blood vessels, stimulation of nerve supply to virtually every cell and organ in the body. Massage helps relieve muscle spasms and cramping as well as voluntary and involuntary splinting, this promoting complete recovery and improved overall muscle balance.

Receiving a Massage....

A thorough treatment can last from 1 to 1½ hours. This depends on the client's needs.

Gift Certificates Available!

Breathe and Relax....

Once settled on the table, close your eyes and focus your attention on breathing. Take a few slow, deep breaths and pay attention to your body and work on relaxing your body from your head to your feet.

Quiet Time.....

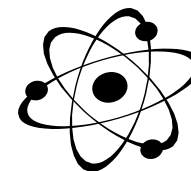
The less said during massage the better. This is our time to get yourself totally relaxed and let go. Words can only be a distraction for this process. Do speak up, however, if you are uncomfortable, need more or less pressure or would like an area to be given more work.

Follow Up.....

Since massage helps the body in detoxification it is important to drink plenty of water after your massage treatment to aid your body in this process.

What to Wear?

The best way to receive a massage is in the nude as it allows for more flowing integrated movements by the therapist. Even a minimal amount of clothing can restrict the therapist's movements and will result in certain muscle groups to go unmassaged. Draping with a towel or sheet is always provided. If, however, the idea of removing all clothing would make you extremely nervous, Then leave something on. Remember, the main thing is that you enjoy your massage experience. Please remove all jewelry in advance. Empty your bladder before massage.



MAJESTIC HALO'S

*Whatever our Life Span, it will be
Richer and Happier, if we nourish
our Spirit along with our Bodies.*

**DOCTOR OF NATUROPATHY
THERAPEUTIC MASSAGE**

Deep Tissue Massage
Swedish Massage
Foot Massage & Reflexology
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Accident Recovery
Ear Candling
PTL II Laser Therapy
Hair Analysis
Iridology-Iris Analysis
Nutritional Counseling
Herbologist

Leslie Pierce L.M.T#1111, N.D.

Doctor of Naturopathy

Licensed Massage Therapist

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What is Massage?

A body centered approach directed toward achieving and maintaining better physical and mental health through the _____ of therapeutic touch. There are three basis ways to touch a body while giving a massage: gentle, active and deep—each producing its own special effect. Gentle touch brings about deep relaxation by calming the nervous system. Everyone responds well to gentle touch. Active touch always involves movement, for example rocking. This serves to stimulate circulation, digestion and improves energy flow. This is wonderful for the client who needs such stimulation. Deep touch usually brings about mild pain and cause quick detoxification with the system. The use of deep pressure of the body may cause the client to tighten up as he or she guards against the discomfort. Relief and correction takes place on this discomfort level.

Spa Facial....

This is a relaxing yet invigorating facial. Using only the best pure botanicals. The skin is taken through a treatment process which leads to smoother more supple and revitalized skin. Restore that Healthy Glow!

What is Reflexology?

Reflexology is a science which deals with the Principle that there are reflexes in the feet and hands relative to each and every organ. Stimulating these reflexes properly can help many health problems in a natural way. Reflexology is used for relaxing tension and doctors agree that over 75% of our health problems can be linked to nervous stress. Enhance your visit by adding this therapeutic service.

Iris Analysis....

When we look at the iris, we are seeing nerve reflexes from every part of the body. Iris Analysis is based on the markings, structures, and pigmentation and color variations in the iris which are located in specific areas. We know what part of the body is being affected by using chart. There are several Iridology charts to work from. Here at Majestic Halo's the applied Iridology Chart is used.

Do Physicians Prescribe Massage?

Yes! Doctors frequently recommend to patients that massage treatments be taken at regular intervals. Some prescribed treatments (Including massage) are covered by your insurance company.

What is Ear Candling?

The ancient art of ear candling, used for a centuries by The Chinese, Egyptians and other cultures, can help your body rid itself of a wide range of health problems, but it can also help heal infections by clearing out the lymphatic system. Ear candling assists in this cleansing by removing the vaporized lymph matter. Candling has been reported to remove candida infections. As an ear candling practitioner, I use a specially made hollow cone of soft muslin impregnated with a light coat of beeswax and essential oils. The narrow end of the cone is placed in the opening of the ear and the "candle" is lit. This creates a vacuum which, in conjunction with light precision massage to the sinus and lymph node areas, draws old wax, lymph matter and fungus out of the ear. Although no guarantees can be made as to the results, people throughout the ages have found ear candling beneficial!

About My Work....

As a licensed Massage Therapist, I involve both gentle, active and deep touch as I work with you to create a Massage experience that will enable you to let go of the physical and emotional tension that you may be experiencing.

