

- Deep Tissue
- Myofascial Release
- NeuroMuscular Reprogramming
- Active Isolated Stretching
- CranioSacral
- Lymphatic Drainage
- Energy Work
- Prenatal



- Gift Certificates
- Visa/MC Accepted
- Med-Pay Billing
- Worker's Comp Billing

\*Personalized care

\*Creating more comfort & ease within the body

## Greetings!

I hope you all enjoyed your summer and I wish you a fun & healthy holiday season! Please remember that I have gift certificates available for individual sessions & packages or for the "special" featured below. Also, please remember that I am happy to provide other resources & referrals for your personal or business needs—just ask. And lastly, as we head into this busy season, I would like to encourage you to remember to focus on the things that really bring you joy such as friends & family, hot baths & warm fires! You will likely feel a lot more satisfied once the season has passed.

- Cheers!

## Featured Testimonial:

Leaza is an amazing therapist. She combines knowledge of body mechanics, massage techniques, neuromuscular reprogramming and a genuine sense of caring. The net result for me has been to work with someone who can work with me through my constant discomforts as a result of multiple spine and knee surgeries. Whether it be my neck, back hips or hamstrings, Leaza is able to both minimize the discomfort, and accelerate the healing process. I could not give any therapist higher praise.

- Jim W.

## Double Bliss Holiday Special!:

Treat yourself or someone you love with this great offer:

\* One 60 Minute Massage Session  
plus

\* One 60 Minute Facial

**Both for just \$130**

(\$165 value)

You may place your order online,  
via email or by phone

- Facials Provided By:
- Estetica, Skincare & Waxing
- Danielle Manashil
- (415) 897-4411 - Vintage Oaks, Novato

## Healthy Body, Mind & Spirit:

Many of my clients are recovering from injury or surgery. During recovery, massage can be very beneficial for various reasons, including increasing circulation, correcting compensation patterns and for that nurturing, human touch after invasive surgeries (big or small). It is very complementary to physical therapy and I am always willing to speak with any of your other health care providers to make sure we are working in your best interest. Please keep this in mind if you or someone you know is recovering. We can always start as gently & slowly as needed.