

## **Additional Services**

To make your Wellness Retreat for personalize we offer the following additional services:

### **Massage \$105/hr**

Description: Classic therapeutic massage custom tailored to your needs, and may include tui na (Chinese medical massage), shiatsu, neuromuscular, structural integration, cranio/sacral therapy, myofascial release, Swedish, Deep Tissue, and Sports Therapy

### **Reflexology \$95/50 minutes**

### **Trigger Point Therapy \$95/hr**

Description: Myofascial trigger points are painful, tense areas that are found in muscles. The pain may be referred to other areas of the body. This technique uses alternating levels of concentrated pressure on these points, causing them to release, easing pain.

### **Past Life Regression: \$105/hr**

Description: used to help unlock lost memories from past lives and present life trauma, compartmentalization, or amnesia.

### **Reiki Energy Healing: \$70/45 minutes**

Description: Simply put, a healing technique in which the therapist channels energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

### **Private Yoga Lesson \$55/hr**

### **Facial \$95/hr**

### **Thai Yoga session \$ TBD**

Description: a type of yoga therapy which combines rhythmic massage, acupressure, palming and thumbing along energy lines, and gentle stretching. Like yoga postures, it works deeply on the skeletal, muscular, lymphatic, endocrine and nervous systems

### **Jogging tour of Dauphin Island \$ TBD**

### **Guided Beachwalk with Local Naturalist \$ TBD**

### **IV hydration/infusion Therapy \$ TBD**

We will reach out after your booking to see which services you are interested in reserving for your retreat.

\*Requires reservation/payment 10 days prior to retreat