

Description of Services

MASSAGE

Massage Therapy ~ \$60

Select the massage treatment that best fits your needs:

- Swedish
- Deep tissue
- Manual Lymph Therapy
- Yoga Therapeutics
- Reflexology
- Pre and post natal (maternity)

A one hour massage session consists of a 5-minute consultation, 50 minutes of hands-on massage and 5 minutes dressing. 60 min. (30 minutes \$40, 90 minutes \$90)

BellaSoma Massage ~ \$75

A 60-minute hands-on massage session; A signature treatment using custom modalities to best fit your body type, includes essential oils, applications of heat and cool sometimes using hot towels and/or hot stones. 60 min.

Deep Head Massage ~ \$45

Stress relief massage for face, scalp, head, neck and shoulders. This deep pressure massage is a remedy for headache, neck pain, and TMJ and sinus congestion. Steam is optional to assist sinus drainage. Lymph Therapy can also be used to enhance opening of lymph flow eliminating swelling and migraines. 45 min.

Vodder Lymph Drainage Therapy ~ \$75

Manual treatment always begins with the neck to activate major lymph vessels for excellent results. Lymph therapy is stretching of the skin acting on specific lymph vessels decreasing swelling and promoting optimal healing. Focus can be on any body part that needs the most attention. A certified Vodder Trained therapist, Molly uses Manual Lymph and Decongestive Therapy in treatment of post-surgical, laser, acne and severe sinus congestion. Lymph therapy is also excellent for congested tissue such as fibrotic cysts, chronic arthritis, bone and joint pain. 60 min.

FACIALS

Refresher ~ \$45

A light cleanse for the skin and a quick energy pick up. Gentle exfoliation is followed by deep neck and shoulder massage. Steam and warm compresses are used increasing circulation. A cool, hydrating mask is applied refreshing the skin and you leave feeling rested and glowing. No extractions with this treatment. 45 min.

Deep Cleansing Facial ~ \$75

Experience a purifying skin renewal with botanical products. An exfoliation mask softens the skin, steam follows with application of astringent cream for thorough extractions. Deep neck and shoulder massage enhance the remineralizing treatment, toning skin of face, neck, and décolleté area. A light massage assists the penetration of the most perfect moisturizer for your skin. Feel refreshed and restored after. 60 min.

AromaPeel ~ \$85

A Deep Cleansing Facial with an active propriator essential oil blend that works as if it were a glycolic acid peel, creating more beautiful skin without the harsh side effects of an acid peel. A soothing mask is followed by the light touch of a luscious emollient moisturizer. 90 min.

The Minkyti ~ \$95

Unlike any other facial this custom-blended therapy is for all skin types with anti-aging benefits. It combines deep cleansing, acupressure point therapy, invigorating connective tissue massage and lymphatic drainage techniques. The skin of the face, neck, shoulders and décolleté are infused with a rich nourishing mask of algae nutrients and a balancing blend of hydrating essential oils to lift and tone. This treatment soothes active acne and always nourishes skin. Stimulating your natural defense system this creates lasting effects of radiant, energized skin and health. A series of six Minkytis has the most remarkable results. 90 min.

Lymph Drainage Facial~ \$75

Excellent as a post-surgical treatment reducing swelling, bruising and speeding up recovery time, enabling the surgical patient to enjoy the results of plastic surgery very quickly. Vodder Method Manual Lymph Drainage technique is used for fluid reduction. Sinus and allergy sufferers are relieved from excess drainage, stuffiness and congestion. Those recovering from strokes or head injuries benefit from this medically approved treatment of MLD.

SPA SERVICES

Foot Refresher ~\$40

Warmed floral waters cleanse the feet. Soft touch reflexology and massage strokes on feet and lower legs follow. An especially soothing treatment recommended for headache relief and general fatigue. 45 min.

Dry Skin Brushing ~\$50

Experience smoother, silkier skin by brushing away dry, dead, scaly skin. An excellent treatment for blood stimulation that supports the lymph system. Skin is toned and immune system boosted. Brush included with instructions for daily use. 40 min.

Skin Brushing with Vitality Tonic ~ \$70

A skin brushing treatment with an exclusive essential oil blend, it increases energy and alertness. Take the essential oil blend home for daily use. 40 min.

BellaSoma Aromatreatment ~ \$125

The most healing of all, this is a signature body treatment with a personalized, only for you blend of therapeutic quality essential oils. Treats whatever ails you, including arthritic pain, physical or emotional trauma, recovering from the flu, or just to nurture yourself. A light aromatherapy massage with stimulation of all the major reflex and acupuncture points and hydrotherapy techniques drive in the pure essential oils. You receive the bottle of your essential oil blend to take home. 90 min.

Seaweed Body Wrap ~ \$125

Wonderful for sun-damaged, sensitive and dehydrated skin. The treatment begins with skin brushing, eliminating dead skin cells, and the anointing of major reflex points. The entire body is enveloped in a warm, nourishing algae mask. Active elements are absorbed while blood circulation is improved. Baby-soft skin is one result of this deeply relaxing therapy. The remainder of the day you feel energized and refreshed. 90 min.

[BellaSoma Healing Practice 713. 522.7588.](http://BellaSomaHealingPractice.com)

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