

Experience

The Soothe Your Soul Difference

Soothe Your Soul features a highly trained group of Licensed Certified Massage Therapists and Energy Therapy Practitioners who are dedicated to helping clients improve their overall well-being. We offer outstanding service and flexible scheduling. We are here for people who care about living the best, healthiest version of themselves. We provide powerful, safe & simple solutions to enhance your well-being.

All of our massages are **Therapeutic Quality, and we do not charge an additional fee for that.**

We can't help it! We just can't hold ourselves back and do a traditional relaxation massage. We want to get to the source of the problem and help you heal. Don't worry, you will still leave feeling like you've been wrapped in a cloud and the "reset" button has been pressed on your body.

There is also **no upcharge** for the use of Therapeutic Grade Essential Oils, Maternity Massage or Deep-Tissue work.

We formulate our own homemade, all-natural massage lotion.

Online scheduling is available 24/7 on our website soothe-your-soul.com



Soothe Your Soul

Mind, Body & Spirit Wellness

**Now Located inside
the Oxford Legacy Center!**



**925 N. Lapeer Rd. Ste. 113
Oxford, MI 48371**
Use south entrance & parking
(248) 236-9855

Evening and weekend appointments available

24/7 Online scheduling available
Download our App or visit our website

soothe-your-soul.com

Be sure to check out
our great shop filled with
unique and locally made gifts!

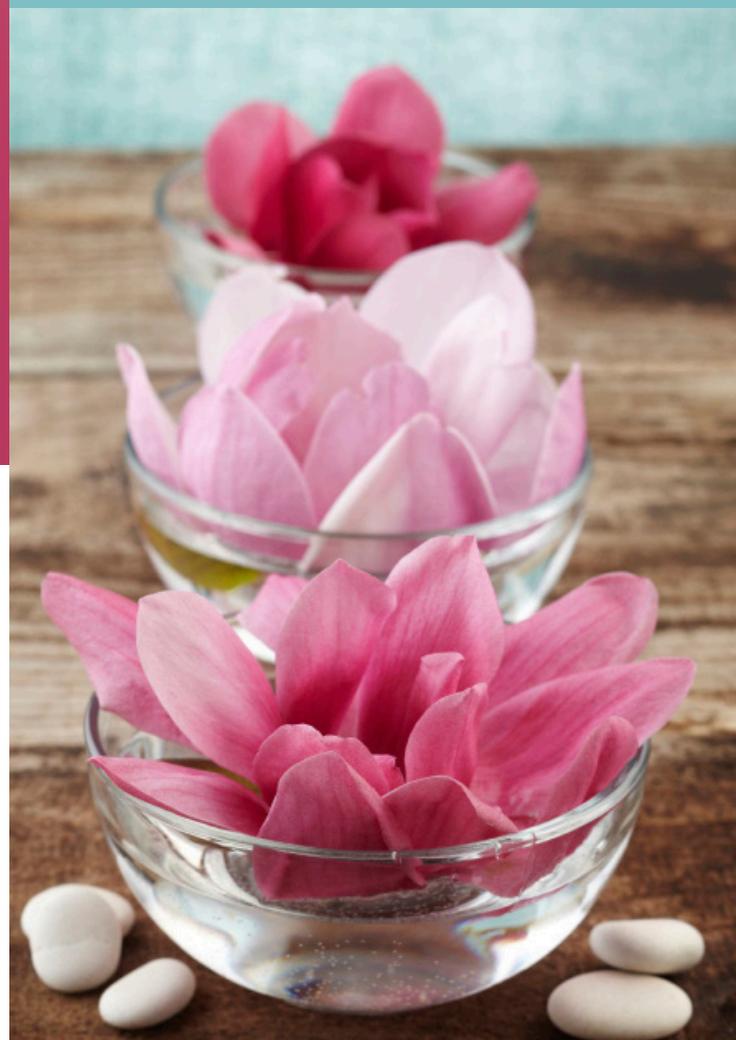


Soothe Your Soul

Mind, Body & Spirit Wellness

Service Menu

*Providing powerful, safe & simple solutions
to enhance your well-being.*



Integrative Therapeutic Massage

Find relief from chronic pain and tension with this full-body therapeutic massage. Your therapist will tailor your treatment to your specific concerns and needs, combining various techniques and pressure (**Swedish, Relaxation, Sports Massage, Trigger Point Therapy and/or Deep Tissue**) to provide a personalized and customized experience for your desired outcome.

30 minutes \$45, 60 minutes \$75, 90 minutes \$110

Maternity Massage

Find relief and relaxation during all stages of your pregnancy. Many women find that pregnancy massage helps to relieve discomfort, and pain while promoting health and well-being for you and your baby.

60 minutes \$75

Hot Stone Massage

The healing power of heat is combined with traditional massage techniques. Tension melts away as warm stones and essential oils are used over the body, radiating deep into tight muscles and bringing your mind, body and spirit into a state of deep relaxation.

60 minutes \$90, 90 minutes \$125

Side-by-Side Couples Massage

Experience relaxation, healing body work and rejuvenation together side-by-side in the same treatment room. Perfect for couples, mother-daughter, or close friends. Each massage is customized to meet the individuals' areas of concern.

60 minutes \$150, 90 minutes \$220

A massage is an investment in your health and well-being. Benefits include stress reduction, relaxation, pain reduction, increased flexibility, relief from anxiety, aids in digestion, relief from headaches and insomnia, assists in healing sports injuries, sprains, joint pain and much more!

Not sure what type of massage is best for you?

That is why we developed our Integrative Therapeutic Massage Treatments. Our team of skilled Therapists will tailor every massage to your specific areas of concern during each session using a combination of techniques and pressure. The only decision you need to make is how long you would like the session to last – 30, 60 or 90 minutes.

Aroma-Touch Technique

A clinical approach to applying essential oils to combat four systemic constants: stress, toxic insult, inflammation, and autonomic imbalance.

Eight Grade-A essential oils are layered onto the spine and feet for long lasting healing.

75 minutes: with Massage \$90, with Energy Healing \$85

Reiki

Reiki is an ancient "laying-on of the hands" healing technique that brings balance by clearing stagnant areas in your energy field by balancing the subtle energies within the body. Reiki addresses physical, emotional, mental and spiritual imbalances.

60 minutes \$70, 90 minutes \$100

Integrative Healing

During this healing session, your Practitioner will use their intuition and knowledge of various healing modalities to tailor the perfect session for your unique desires. This session can help you in a specific area of your life and assist you in expanding, healing and balancing your energies.

60 minutes \$70, 90 minutes \$100

"The Bars" Access Consciousness

There are 32 bars of energy that run through and around your head. They store the electromagnetic component of all thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. "Running the Bars" is a simple, non-invasive, energy process where the facilitator lightly touches each point on the head to release the solidified energy. Receiving this process usually leaves you with a sense of peace and space, and a feeling like there is more possibility open to you.

90 minutes \$125

Soul Session with Hannah

Your session may involve energy-work, intuitive guidance, meditation, coaching, relaxation, creative exploration, aromatherapy and more! Because each session is tailored to meet you exactly where you are today, Hannah will design your session just for you and each session thereafter will be unique.

Single Session 90 minutes \$124

Multiple session discount packages also available.

For additional services or special offers, visit us online or download our App.



**Give the
gift of healing...**

...A gift card from Soothe Your Soul
is the perfect gift for anyone!

Purchase online 24/7 at
soothe-your-soul.com