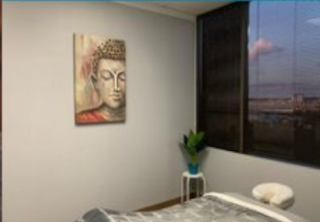


Rejuvenation and Renewal

Book Now



Touch of Zen  
Masssge & Reiki




60 Minute Massage - \$60  
90 Minute Massage - \$90  
120 Minute Massage - \$120

Book online  
[TOZMESSAGE.ORG](http://TOZMESSAGE.ORG)




**Book your  
Massage!!!**

[www.tozmassage.org](http://www.tozmassage.org)

## **About Touch of Zen Massage & Reiki**

### **Building Relationships**

You will reap the benefits of massage if it becomes a regular part of your life. My goal is for us to work together to take better care of your health, long-term.

### **Sharing Knowledge**

Communication is key. I need to know what you're feeling, experiencing and what you're looking to gain in order to best help you. In turn, I will explain the treatment and what you can expect to gain from it.

### **Helping You Feel Better**

Massage is a tool to help heal. Whether it's stress, illness or simply to pamper yourself, the benefits of massage can be life changing. I would be honored to take that journey with you.

### **Healing happens when you are Relaxed!**

Stress levels are high for almost everyone right now. When the body is stressed it takes longer to heal. Book a therapeutic massage today! Many options to choose from like Swedish, Deep Tissue, Reiki, CBD, Hot stones and more!

At Touch of Zen I aim to heal the body, mind and spirit. Massage Therapy is not only my passion it's my calling. I have been a Therapist for 6 years. I really look forward to being a part of your health or spiritual journey.

### **Online Appointments:**

**<https://www.tozmassage.org>**

#### **Swedish or Deep Tissue Massage:**

1 hr|\$60/1 hr 30 min|\$90/2 hr|\$120

Swedish Massage - Massage performed with light to medium pressure. Deep Tissue - Massage performed with a firmer pressure.

**CBD Swedish or Deep Tissue Massage:**

1 hr|\$70/1 hr 30 min|\$100/2 hr|\$130

This massage includes organic CBD oil. Swedish Massage - Massage performed with light to medium pressure. Deep Tissue - Massage performed with a firmer pressure.

**Hot Stone Massage:**

1 hr|\$80/1 hr 30 min|\$110/2 hr|\$140

Hot Stone Massage. Heat is a great way to loosen tight muscles and reduce aches and pains.

**Zen Blend:**

1 hr|\$65/1 hr 30 min|\$95/2 hr|\$125

If you love Reiki but also love regular massage, or if you never had Reiki Healing, The Zen Blend would be a great choice. Its our combination massage where we blend the two together!

**Foot Massage (Reflecology):**

30 min|\$45

30 minutes foot reflexology (foot massage)

**Reiki Healing:**

1 hr|\$75

Reiki is a form of energy work that cleanses and balances the energy system in the body. As a result, the body's natural self-healing mechanisms strengthen, helping to establish optimum health. During a session, I work directly with your energy field to remove blockages, detoxify your system, and restore your vital life force energy. Reiki utilizes a gentle laying on of hands to conduct the necessary energy force between us. The benefits of Reiki range from the release of habitual mental/emotional stress to alleviating chronic pain.

Contact: [Touchofzen.m@gmail.com](mailto:Touchofzen.m@gmail.com)

\*Prices in this brochure are subject to change @ Touch of Zen Massage & Reiki 2021

