



LICENSED MASSAGE THERAPIST TRAINING
Excellence in Therapeutic Massage Training

- Over 40 years of experience
- Located in Lapeer, Michigan
- Small class sizes
- Affordable tuition with in-house interest-free payment plans
- Learn from top educators & nationally respected textbook authors
- Complete program in 12 months
- Local family owned
- COMTA Endorsed Curriculum
- NCBTMB Assigned School

☎ (810) 356-4646

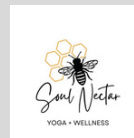
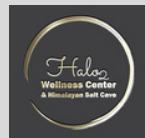
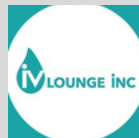
🌐 www.healthenrichment.com



WELLNESS PLAN

- Receive one member discounted service monthly (auto-drawn)
- Additional wellness services are 25% off standard pricing (excluding enhancements)
- No fee to join or cancel & no time commitment.
- Share your membership pricing with up to 3 household members
- Membership credits roll month to month with active plan.
- *Ask about a business membership for your employees*
- *Ask about custom packages*

Membership = perks with our local wellness network



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810-356-4646

healthenrichment@sbcglobal.net

204 E. Nepessing St, Lapeer MI



Move,
Sleep &
Feel
BETTER



Therapeutic Massage

Customized to **your** outcome goals.

- Wellness Maintenance ● Pain Management
- Stress Management ● Increased Mobility
- Lymphatic Circulation Support

60 Minutes | 90 Minutes

| | | | |
|---------------------|---|-------|-------|
| INDIVIDUAL | *Introductory* | \$60 | \$90 |
| | STANDARD RATE | \$90 | \$120 |
| COUPLE | *Introductory* | \$130 | \$190 |
| | STANDARD RATE | \$190 | \$250 |
| <hr/> | | | |
| LYMPHATIC SUPPORT | <i>includes cupping, dry brushing, vibration, exfoliation gloves, and warm towels</i> | | \$130 |
| *90 MINUTE SERVICE* | | | |

MEMBERS = 25% OFF Standard Pricing

30 Minute - Massage Services

\$40 Standard - **\$30 Member**

30 minute Targeted Massage

Express 30 massage targeting just your problem areas.

Headache Relief Treatment

Contrast hot & cold thermotherapy, with focused massage techniques to relieve tension and vascular headaches.

Assisted Mobility

Therapist provides compression and joint movement massage techniques in an assisted full body stretch, no need to disrobe for this service.

Therapeutic Taping

Take our support with you and add kinesiotape to areas that need more stability.

Back Smoothing Service

Includes Sugar Scrub followed by a Mud Mask for your often neglected back skin.

Lymphatic Focused Enhancement

Express 30 min version of our full lymphatic support service that includes a series of dry brushing, exfoliation gloves, and warm towels to support lymphatic fluid movement, increase skin circulation, all while buffing away dry dead skin for an invigorating and effective treatment.

Enhancements

\$10

CUPPING

Decompressing suction cup application in which tissue is able to be pulled gently up and away creating a satisfying stretch sensation.

WEIGHTED HOT OR COLD PACK

Ease body aches and stiffness, support area blood flow, and relax with a compressing hot pack OR soothe painful inflamed areas with a refreshing cold pack.

DRY BRUSHING

Improve Lymphatic movement and blood flow, while soothing the nervous system and exfoliating dry dead skin with our dry brushing therapy.

HOT OR COLD SYNERGY STONE

Synergy Stone is a ceramic stone that moves with your massage and can be heated for general aches and stiffness or chilled for localized painful areas.

\$15

THERAGUN OR THUMPER

Percussive therapy device applied to targeted areas of the body.

AROMATHERAPY - WITH JOJOBA CARRIER

Sweet Orange * Lemongrass * Lavender * Peppermint
* Rosemary * Eucalyptus

SUGAR SCRUB

Gentle exfoliation of the skin on the hands and feet using sugar to promote natural collagen repair, remove dead skin cells and soothe dry skin.

HOT OIL SCALP MASSAGE

Nourishing Jojoba oil with Peppermint and Rosemary essential oil massaged into the scalp. Prepared in a take home bottle!

\$20

CBD MASSAGE OIL

CBD massage oil used throughout your entire massage, experience the deep relaxation, anti-inflammatory, and mood lifting properties of CBD.

HALO SALT THERAPY

Salt therapy, or halotherapy, is anti-bacterial, anti-inflammatory, and antimicrobial - 100% natural, drug-free, and safe. Breathing in dry salt can help improve your overall wellness by removing toxins from your respiratory system, cleansing your skin, boosting your immune system, and more.

Sauna/Vibe



Infrared Sauna \$20
Whole Body Vibration \$20



MEMBERS = 25% OFF Standard Pricing

Full - Spectrum Infrared Sauna

| NEAR INFRARED | MID INFRARED | FAR INFRARED |
|--|---|---|
| Cell health/immunity Wound healing Skin purification Pain relief. | Pain relief Improved circulation Weight loss. | Weight Loss Detoxification Blood pressure reduction Relaxation |

Whole Body Vibration

Improved muscle and bone quality
Weight loss
Improved balance and coordination
Improved flexibility
Pain relief
Stress reduction

Annual Shake & Bake Membership \$100

unlimited visits - \$10 copay-

60 min sauna & vibe plate room sessions

OR

Monthly Shake & Bake Membership

\$60/month

6 - 60 min sauna/vibe plate sessions monthly

We recommend trying a short 5 min shake followed by a 40 minute sauna topped off with another 5 minute shake.

SERVICE TIMES INCLUDE 10 MINUTES FOR CONSULTATION & DRESS/REDRESS TIME .

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60 MINUTES INCLUDES UNDRRESS/REDRESS TIME. YOU CAN BAKE OR SHAKE OR SHAKE & BAKE.