



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



WELLNESS PLAN

- Receive one member discounted service monthly (auto-drawn)
- Additional wellness services are 25% off standard pricing (excluding enhancements)
- No joining fee, cancellation fee, or long-term 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 includes perks with our local
wellness network



www.healthenrichment.com
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-minute | 90-minute

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

MEMBERS = 25% OFF Standard Pricing

30-Minute Massage Services

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

30-Minute Targeted Massage

Express 30-minute massage focused on 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-minute 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.

Service times include consultation and dressing time.

Sauna/Vibe

Infrared Sauna \$20
Whole Body Vibration \$20

Annual Shake & Bake Membership \$100

unlimited visits - \$10 copay-

60-minute sauna & vibe plate room sessions

OR

Monthly Shake & Bake Membership \$60/month

6 x 60-minute sauna/vibe plate sessions monthly

Reset Room

Total Nervous System Reset

a private guided wellness space designed to support nervous system regulation, recovery, relaxation, circulation, mobility & whole-body reset.

60-Minute Session = \$40 Standard | \$30 Member

90-Minute Session = \$60 Standard | \$45 Member

Monthly Wellness Plans Available

Multiple therapeutic wellness tools into one private and calming environment.

- Spinal decompression rolling table
- Compression recovery boots
- Hot/cold contrast therapy
- Whole-body vibration therapy
- Full-spectrum infrared sauna
- Sound therapy and meditation support
- Guided breathing and mindfulness tools
- (Additional) Dry salt therapy (halotherapy)
-

The goal of the Reset Room is to help the body and mind shift out of stress mode and into a state of recovery, relaxation, and balance.