

Get Zen With Yen

Restorative Massage

This form of massage therapy applies a sturdy amount of pressure to soothe tense muscles, encourage serenity, and provide additional wellness benefits. Throughout the session, a wide range of diverse modalities are implemented to improve the experience. These modalities encompass various relaxation techniques, myofascial release, lymphatic drainage, cupping, aromatherapy, deep tissue manipulation, and acupuncture. This approach is administered on a massage table, utilizing both coconut oil and DoTerra essential oils

60 minutes \$100

75 minutes.... \$125

90 minutes \$150



Restore + Reset Massage

Same as the restorative massage listed above, except at the end I will cleanse and align your chakras (seven energy points in the body) in order for you to leave feeling physically and energetically renewed. At the end, I will go over which ones need the most attention with you.

This is the ideal massage for someone seeking to reset their whole energetic and physical body.

60 minutes \$120

75 minutes.... \$145

90 minutes \$175



Intuitive Healing Massage

A supportive, deep, and restorative modality delivered through a flowing remedial style full body massage combined with Reiki energy healing. This massage allows the healer to call upon deep intuition, your guides, and connection to the Divine to recognize energetic blocks which are often deeply rooted within the body and subconsciously causing health problems. We will close the session with a cord cutting guided meditation to seal the practice. More details on my website.

This is the ideal massage for anyone seeking to have a complete cellular upgrade and shift their reality for the better.

75 mins... \$180

90 mins... \$200



Payment Options Include:
Cash, PayPal, Zelle, or CashApp



(727) 342-0825



I can bring my table to you or in the Local Wellness Center



www.getzenwithyen.com