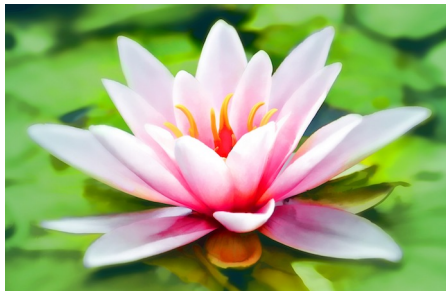


When your vitality is drained, it needs replenishing...

When tension is cramping your body, it needs release...

When your mind, body, and spirit are out of alignment, you need healing...

Come to a place where you can have all of these things!



[Return address for mailing]

## The Healing Touch

[address]

[phone]

Discover the power of energetic and physical healing combined!



At The Healing Touch, we bring together physical and energetic healing to bring your body back into balance.

We start with Reiki, an energy modality that works on the energetic body to speed up the body's natural healing process and bring the mind and emotions into balance.

Then we add in massage, a proven healing modality that relaxes the body, unravels tension, eases anxiety and stress, lowers blood pressure, and strengthens the immune system.

Each one is powerful on its own. Combining them brings them to a whole new level!

Some of the services we provide include:

**Reiki healings.** With Reiki, you can replenish your energetic body from the drains of daily life. From there, the physical body is healed as well. Reiki healings can be taken alone, or in combination with the massage options we provide.

**Full body massage in half-hour or full hour sessions.** Ease your body's tensions from your head to your feet.

**Hot stone massage with basalt stones.** Hot stones relax the muscles and allow the massage to penetrate more deeply.

**Cold stone massage with rose quartz crystals.** Experience the healing power of pure crystal energy to improve circulation in the physical body and cleanse and refresh the energetic body.

**Neck and shoulder massages and foot massages.** More affordable options that still have the benefits of massage to body, mind, and spirit.

Your journey to total healing starts here!

[map]

[address]

[hours]

Walk-ins welcome!

[phone]

[website address]