

*Benefits of
Massage & Bodywork*

- *Helps release chronic muscular & tension and pain*
- *Improves circulation*
- *Reduces spasm & relieves tension & cramping*
- *Increases joint flexibility*
- *Reduces mental & physical fatigue*
- *Improves posture*
- *Reduces blood pressure*
- *Reduces stress, anxiety & tension*
- *Promotes better sleep*
- *Creates an overall sense of well-being*

Massage makes you feel good!!

Relaxation By Rae, you will find massage & spa therapy treatments which are dedicated to rejuvenate you & give you the time you need to put your best back into your world.

As a Massage & Reiki Master Therapist, I assist my clients to rejuvenate & relax through massage, spa treatments & energy work. I am committed to continue to learn new techniques to help my clients with their personal growth & for myself to grow as a practitioner.

*Out-call service available for
Massage Therapy & Reiki &
Salt Rub/Body Polish/Body Scrub &
Body Wraps & Ear Coning
Only available for women & couples
Travel & set-up charges will apply*

***Call now to schedule your
session!***

*Relaxation By Rae
Studio: 103 Esta Road
Plymouth MA 02360
Web: <http://relaxationbyrae.abmp.com>
Email: relaxationbyrae@myabmp.com
Tel: (781) 249-7438*

Relaxation By Rae Massage & Spa Therapy Services



*Raeann Johnson
103 Esta Road
Plymouth MA 02360
(781) 249-7438
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Massage

Kriya Massage **\$60/hour**

A full body massage for relief from excess emotional and physical stress

- ❖ *Chocolate massage also available using a scented chocolate oil from Hershey, PA*

Chair Massage **\$1/minute**

*A Kriya massage which focuses on the head, neck, shoulders, back. *Done clothed*

Kriya Neuromuscular **\$70/hour**

A Kriya massage, leveraging deep tissue techniques to work those trouble areas

Reflexology **\$70/hour**

Focuses on the reflex points in hands & feet for energy circulation to organs and systems

Stone Therapy **\$85**

A Kriya massage using hot stones to melt tension in muscles & cold stones to reduce heat and inflammation. Allow 1 1/2 hours full treatment.

Pregnancy Massage **\$70/hour**

A massage for the moms-to-be. Deeply relaxing, therapeutic & soothing, this massage is used to reduce back pain, swelling, sciatic pain, stress & anxiety

Reiki **\$1/minute**

A Japanese word meaning, "Universal Life Energy". It supports the body's natural ability to heal itself, loosens up blocked energy & promotes a state of total relaxation & cleanses the body

Spa Therapy

Salt Rub/Body Polish or Body Scrub **\$30**

A brisk massage using a sea salt or chocolate or strawberry body scrub & oil solution or a finer mixture for sensitive skin to cleanse the pores, rejuvenates the skin & stimulates detoxification.

**Partial sessions can be booked*

**Chocolate/Strawberry scrubs from Hershey, PA*

**Combined with massage \$15*

Body wraps **\$115**

Relaxing, & cleansing body wrap to stimulate detoxification, ease arthritis, lubricate joints, aid relaxation, moisturize the skin & eliminate toxins

- ❖ *Herbal, Black Baltic Mud, European Rose Mud, or Seaweed*

Ear Coning **\$45 (1 cone per ear)**

Relieves ear & sinus congestion & remove wax, fungus, yeast & bacteria. Begins with a facial & neck massage to stimulate release.

Additional cones \$5 each

Paraffin dips for

- ❖ **Hands or Feet** **\$15**
- ❖ **Hands & Feet** **\$30**

Schedule your session via:

- ❖ **Telephone**
- ❖ **E-mail**
- ❖ **On-line**

Services List

(5) 90 minute Kriya Massages \$360.00

(5) 60 minute Kriya Massages \$240.00

(5) 30 minute Kriya Massages \$120.00

(5) Stone Therapies \$340.00

(5) Kriya Neuromuscular Massages \$280.00

(5) Reflexology Massages \$280.00

(5) Pregnancy Massages \$280.00

(5) Salt Rubs/Body Polishes/ Scrubs \$120.00

(5) Salt Rubs w/ Kriya Massage \$300.00

(5) Body wraps \$460.00

(5) Ear Candelings/ Conings \$180.00

(5) Hands & Feet Massages \$120.00

(5) Paraffin Dips \$120.00

(5) Hands & Feet Massages w/ Paraffin dip
\$240.00

(5) One-hour Reiki Treatments \$240.00

**Services List reflects 20% Discount*

**Cash, Checks, Credit Cards & Spa Finder*

**Gift Certificates are available*

**Health Insurance Discounts available*