



Our professional bodywork and massage therapy clinic is uniquely able to bring to you a blend of many years of practice, training, and clinical experience in naturopathic physical medicine- which includes the well- known field of massage therapy. Naturopathic Physical medicine is a holistic approach to achieve healing goals for clients, by integrating botanical, thermotherapy, licensed massage therapy, bodywork therapy, and energetics knowledge and wisdom to each session, and by working with each client, as an individual , each time. Staffed by licensed and certified therapists.

**Student intern clinic bodywork prices-
35\$ an hour or \$53 for 90 min
appointment.**

NATURAL HEALTH COOPERATIVE PRICING –With a membership to our health services center, clients and patients get benefits, such as discounts and special prices for bodywork, evaluations, various classes, and natural health products from our Apothecary. We include these details at the end of this services list- take a look at the benefits and deals.

SWEDISH INTEGRATED MASSAGE

\$70.00 A tradition of strokes- Effleurage, petrissage, tapotement, friction and vibration- are collectively called “Swedish Massage”, as they were codified over 100 years ago by a Swedish physical educator and gymnast, Per Henrik Ling. It’s the basis for that familiar relaxation massage- and the strokes can be integrated for more advanced focused work. **Series of 6 for \$360.00**

STRUCTURAL FOOT

REJUVENATION SESSION 80.00 For anyone with foot problems, goals for better foot function, a desire to avoid unnecessary surgery- or for Maintenance and Wellness care, the focus here is on structural anatomical issues observed in the foot and their various treatments through massage and hydrotherapy methods. If that sounds like a mouthful- it feels great and works wonders! Some clients may need an evaluation and treatment plan for sessions over time. It is possible that we may suggest, demonstrate or integrate additional helpful resources such as exercises and use of devices and other home care. This approach may be easily integrated with a more full body work approach. **Series of 4, \$290.**

CASTOR OIL PACK, OR GINGER

POULTICE – Two specialized and important applications which may be integrated into sessions as needed.

SCAR REDUCTION MASSAGE

METHOD - This approach addresses incisions of various types, such as C-section scar, and post surgical scars as a result of surgery in the torso area. Specialized strokes

to align the tissue are combined with application of castor oil pack, and educating the client for home applications in between sessions. A Licensed Massage Therapist integrates with the clients physician as to proceeding. **\$80.00. Series of 4, 290.00.**

LYMPHATIC MASSAGE and Adjunct Lymphatic System Movement

applications: Bodywork techniques and intentions specific to the Lymphatic System, to support the function of this system, gently open pathways for drainage, and improve the immune system. Techniques may be integrated into other types of bodywork sessions. **\$80.00. Series of 4, \$290.00**

POLARITY ENERGY BALANCING – FOR STRESS REDUCTION

- Polarity bodywork is a system of specific hand placements . It was derived from the 3 fields of Osteopathy, Chiropractic, and Naturopathy by Dr. Randolph Stone over a period of 40+ years. Mental, Emotional, and Physical releases can occur , or a combination thereof.. A Polarity session takes about 75 minutes.

PRENATAL AND POSTNATAL

MASSAGE 85.00 The focus for this population is unique. Various types of posturing for modesty and comfort may be employed. The therapist is trained in the physiology, anatomy and emotional needs and development throughout the 3 trimesters and beyond. A variety of goals may be discussed and met – such as relief of pain, improved sleep quality, ease of breathing, postural ease, and emotional and mental stress reduction. Postnatal massage may be very helpful in assisting the new mom to come back to balance in body, mind and

spirit. Pregnancy and delivery are challenging times, and deserve much more caring attention than our society usually gives to women and their families. **Series of 6 for \$450.00**

OPENING THE TORSO AND BETTER BREATHING SESSION 85.00

So often this great middle part of our body gets much less attention during a customary massage. This is a Side Lying session, a very comfortable way in which to be propped and draped.

SIDE- LYING WORK IN GENERAL

– Did you know that effective massage therapy work can take place in a supported and well draped side-lying position? Ideal for any reason that a person does not wish to lay prone or supine, or cannot do so for health or medical reasons. We use ample pillow supports for comfort and you are comfortably draped at all times! Some people really like this position the best.

SPECIFIC ORTHOPEDIC FOCUSED BODYWORK 85.00

For a variety of conditions, including carpal tunnel, “frozen” shoulder, Morton’s Neuroma foot issue, headaches and migraines, asthma, colon health, “restless leg” syndrome, costochondritis (inflamed rib) , and more. **Series of 6 for \$480.00**

REIKI 70.00 This is a simple and relaxing energy balancing session of light hand placements from head to toe. Reiki came to the USA decades ago and has developed into a recognizable training and practice desired by anyone wishing to integrate stress reduction into their health care. **Series of 6 for \$360.00**

REFLEXOLOGY 70.00 The human body has various reflexes which do correspond to other body organs, glands, structures, and even meridians.. The work in these sessions interfaces through the pathway of the nervous system **Series of 6 for \$360**

WHAT ARE “STILL HOLDS”? Simply put, a therapist places their hands in a certain area, (an example, one hand at hip, another hand at shoulder) for a few moments or a minute or so. They haven't stopped the session- still holds are integral parts of such approaches as Polarity, Reiki, and within customary massage sessions as relevant. Still Holds have extremely useful outcomes when integrated into specific sessions, such as cranial sacral segments and Polarity.

Each of the above described sessions are “stand alone”, or may be integrated into an overall custom bodywork session. This gives an idea of some of the bodywork orientations we offer, and of course, patrons may just come in, let us know what they need to focus on at the moment - and/or go for a general maintenance and wellness session.

MEMBERSHIP pricing and benefits for Services

\$200 A YEAR Membership gives co-op members the following benefits, during the membership year. Benefits are meant to be taken during the membership year.

~ A \$60.00 price for any professional bodywork session, 12 per year, a savings of \$200.00 right there

~ A 10% discount on any herbal tinctures, extracts, therapeutic tea blends, creams, topical applications

~ A Consultation with naturopath Mary Light, ND MH LMT~

~ 5% discount for any massage therapy program enrollment. A savings of \$350.00.

~ Notification of special classes open to the public to attend.

Ask for a Membership Application & Brochure for Clinical Herbal Medicine Practice of Mary Light