

Here at Breathe In Serenity, we use the awareness of breath to promote conscious breathing. We believe it's through breath – our natural vital source - we have the ability to self-heal by easing the mind, which can cause emotional disturbances and physical stresses and tension on our body.

If you haven't heard yet, we live and breathe all natural, organic products! It's also the reason why we choose Young Living essential oils. We believe that YL has set the standard for purity and authenticity and we hope you'll agree with us, "you deserve products that are genuine, free of synthetic chemicals and whole-body healthy!"

Aromatherapy (Therapeutic-Grade)

A wonderful form of alternative healing, through the use of essential oils.

Essential Oils are the lifeblood of the plant with very similar chemical structure to human blood, which gives them the unique ability to penetrate cell membranes. Essential Oils are subtle, volatile, concentrated liquids distilled from plants, flowers, trees and roots. Therapeutic-grade essential oils are oxygenating and help transport nutrients to the cells of our body, helping us to maintain optimum health and well-being.

When topically inhaled or applied to the body, essential oils can travel throughout the body in a matter of minutes.

Essential oils (the lifeblood of the plant) and human blood share several common properties - the oils support the body's natural defenses and assist in maintaining normal cellular regeneration and support the immune, circulatory, respiratory, endocrine, digestive and the nervous system.

*Each of our sessions incorporates the use of therapeutic-grade essential oils by Young Living. **If you have any concerns with the use of essential oil, please be sure to inform us prior to your session.***

For more information on Young Living essential oils, please visit:
<http://www.youngliving.org/asherdee>

Therapeutic Massage - 95

A process of manual manipulation of the body's muscular and soft tissue structure through a variety of techniques ranging from relaxation, to clinical and therapeutic applications. Massage therapy involves the healing art of touch. Benefits have been recognized to include: increased blood circulation and metabolism, expelling of waste products from cells, reduced stress by releasing tension, easing pain from an injury, and relaxation of muscles. Traditional healthcare systems throughout the world recognize that therapeutic massage can play an important role alleviating illness or chronic ailments, and contribute to a higher sense of general well-being. With ever-expanding research on the beneficial effects of massage, more professionals are advising patients to include therapeutic massage in their health care treatment plans. Massage therapy has become an important part of general health care for many people living in today's stressful world. Massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. Massage, bodywork and somatic therapies are beneficial to the muscular structure and soft tissues of

the human body and designed for relaxation. Some of the therapeutic effects include increased circulation and flexibility, removal of lactic acid and toxins, relaxed nervous system, and stimulation of the skin. We use high quality moisturizing/nurturing lotion and essential oils in each session.

Massage techniques and methods may also include the following, among others:

- Trigger Point Therapy
- Swedish medical massage
- Shiatsu
- Connective Tissue Massage
- Amma
- Neuromuscular Massage
- Reflexology
- Acupressure
- Polarity Therapy

Integrative Massage - 95

Combination of Swedish, Connective Tissue, Shiatsu, Reflexology, and Energy Techniques known for balancing the mind and heart.

Abdominal Detox - 125

A modality dedicated to awakening, exploring and celebrating your center.

For centuries, ancient cultures have recognized the belly as a potent source of power and wisdom. Some civilizations have even considered this mysterious and essential center where nutrition, information, and emotions are processed, assimilated and stored--to be a "second brain", and they have developed movement and breathing disciplines to maximize its power.

But in most modern societies, we have lost this reverence. Today it is more typical to see the belly as a source of pain, confusion and embarrassment, than as a wellspring of health and vitality. We tend to ignore it, "suck it in", and/or medicate it in order to override its effort to communicate with us, instead of looking at it, listening to it and learning from it.

That is why abdominal detox massage is so valuable. It gives us an opportunity to look closely, feel deeply, listen intensely, and allow ourselves to become completely fascinated by our bellies!

In a typical 90-minute abdominal detox session, hand and finger pressure will be applied to the area between your ribs and your hip crests. The movements are slow and deep allowing you to breathe into the sensation that arises and watch the energy dissipate. The sequence of movements reflects an ancient understanding of how emotions stagnate and create illness, and is designed to unwind the belly and reverse the pattern of stagnation. During the session you will experience a technique similar to Raindrop therapy. We use Young Living therapeutic-grade essential oils to knead the belly and a moist heat is applied as you enjoy the delicious aroma. This has a very comforting and grounding effect of the nervous system, organs, and muscles. Because the patterns that reside in the belly tend to be old, deep and stubborn, it is recommended to schedule a follow-up session to achieve the maximum benefit.

Common benefits of abdominal detox massage:

- improved digestion,
- increased energy
- improved sleep,
- the release of stagnating emotions and general detoxification of the body, including constipation.

Hands-on (Energetic) Healing - 125 W/ Full-Body Assessment

Compassionately administers ancient healing traditions of Christianity, based with integrated prayer, laying on of hands and the use of therapeutic-grade essential oils. Hands-on-Healing is a heart-centered energy therapy that is relaxing and nurturing. It balances your physical, mental, emotional, and spiritual well-being, while working with your energy field to support your "natural" ability to heal, restore and enhance your health and wellness. Some sessions can include guided imagery or creative visualization and integrative massage to facilitate a relaxing journey out of the mind and into the heart where one can work to change from the inside out by experiencing a deeper awareness through the healing presence of Christ.

Shiatsu Therapy – 95

A form of massage that originated in Japan and traditional Chinese medicine, and has been widely practiced around the world since the 1970s. Shiatsu means "finger pressure," which describes the technique. In shiatsu therapy, pressure with thumbs, hands, elbows, knees or feet is applied to pressure points on the body. This form of massage also focuses on rotating and stretching limbs, joints, and pressure points, or meridians, as they're called in traditional Chinese medicine.

Eastern medicine has a completely different perspective on health, the body and what is needed for healing. The West approaches illnesses and disease as problems that need to be fixed, with the remedy usually in the form of a pill. Eastern medicine believes the body and mind need to be in balance with its surroundings.

The theory behind shiatsu is that our bodies are made up of energy, called *qi*, and that energy gets blocked and causes suffering. Shiatsu massage helps remove the blockages by realigning meridian points, which balances the *qi* and eases the body and mind. When one balances *qi*, or vital energy, healing occurs in the body. The nervous and immune systems are both stimulated by applying pressure to the meridians, providing relief for both body and mind. Shiatsu also restores the circulatory system, improving blood flow throughout the body.

The body has twelve meridians, named according to its corresponding organ: lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, heart governor, triple heater, gall bladder and liver. The functions of these organs have a broader definition in Eastern medicine.

Shiatsu massage has many benefits to the body and mind. Here is a list of some of those benefits:

- Restore and maintain the body's energy, especially helpful to those suffering from fatigue and overall weakness
- Improves circulation
- Reduces stress and tension as well as anxiety and depression

- Relief from headaches
- Promotes healing from sprains and similar injuries
- Helps bring relief to arthritis sufferers
- Reduces problems with stiff neck and shoulders as well as backaches (including sciatica)
- Coughs, colds, and other sinus and respiratory problems
- Helps those dealing with insomnia
- Aids in treatment of such various things as digestive disorders, bowel trouble, morning sickness, and menstrual problems

Raindrop Technique - 145

Combines the art of aromatherapy, with the techniques of massage in the application of essential oils to various areas of the body, bringing balance and harmony to the body - physically, mentally and emotionally. Raindrop Technique is a powerful, non-invasive tool for assisting the body in correcting defects in the spine. This technique is widely recognized for its outstanding ability to aid healing of sciatica and chronic back pain. It is an invaluable tool to promote healing from within and is used by a number of medical professionals throughout the United States for treatment of various pain, emotional trauma, cancer and diseases.

Vita Flex Technique means "vitality through the reflexes," particularly those located on the feet that correspond with virtually every organ, gland, bone, joint and muscle throughout the body. It is a specialized form of hand and foot massage that is exceptionally effective in alleviating pain, discomfort, digestive disorders, illnesses, headaches, muscle aches, and strains, while stimulating energy that circulates throughout the body to help with healing, or as a way to stay balanced and stress free.

Hot Stone Massage - 95

If you want to try something a little different, discover this 5000 year old secret! A great hot stone massage is a specialty treatment.

Amma is one of Asia's oldest massage techniques, dating back over 5000 years. It literally means, "to press" (An) and "rub" (ma). Japanese hot stone massage comes out of that tradition, bringing with it roots in acupressure, energy meridians, and chi flow. In the days of feudal Japan, about 500 years ago, Samurai warriors were given these hot stone massage treatments to prepare them for battle. This treatment balanced their chi so they would be in their "Zen" while fighting.

By stimulating certain acupoints on the body with smooth, heated stones, the idea is to harmonize the flow of energy in the body by relaxing muscles and improving circulation.

Hot Stones incorporated with traditional Swedish massage and pure essential oil has been known to harmonize your chi flow and offer the following health benefits:

- Releasing toxins
- Releasing tension
- Improving circulation
- Improving the immune system
- Increasing metabolism

Himalayan Salt Scrub and Body Glow - 125

Invigorating and fortifying salt scrub that leaves your body hydrated and glowing, as it should. Our salt scrubs are enhanced with restorative properties of pure essential oils and Himalayan salt, known for its rich mineral content to help tone, cleanse, and balance the skin and body.

Himalaya Salt has 85-90 minerals. These minerals are rich in Vitamin A, C, D, E, B12, as well as over 80 minerals. These salts revitalize the skin to prevent premature aging, helps to exfoliate, cleanse, nourish condition, rejuvenate and refresh the skin.

The build-up of dead skin cells can clog pores and prevents the skin from growing in a healthy manner. This treatment will stimulate blood circulation, enrich skin with moisture, and help to renew cells. It is known to draw out the impurities, leaving the skin looking vibrant, feeling fresh, healthy and renewed.

Sugar Scrub and Body Glow - 125

Designed to gently exfoliate the skin, removing the outermost layer of dead skin cells, while promoting healthy cell turnover that leaves your skin smoother, softer and well-hydrated.

Our sugar scrub is a gentler blend of anti-inflammatory properties, rich antioxidants, essential fatty acids and pure therapeutic-grade essential oils that are strengthening and desensitizing.

* Our Salt and sugar glow and body treatments can be healing to individuals who suffer from eczema and psoriasis, discoloration and uneven skin tone.

GROUP CLASS

Breathe Into Relaxation W/ Guided Meditation - 25

Group Session's are held regularly and are posted for those who wish to attend. It is through breath you are able to release external pressure caused by tension, stress, anxiety, fear and even pain. Guided meditation assists you in reclaiming peace, calmness and a state of "natural being." Through guided imagery you will learn how to come out of the mind; which is the center of gathered thoughts, feelings, ideas and perceptions that can cause confusion and lack of mental clarity. It's when we use breathe and come out of the mind and into the heart - your center of being, your natural life-force - you learn it is here, within your heart, it is the most sacred place to connect with yourself, inner-knowing, wisdom and guidance to heal the mind, heart, body and soul - Gods most precious gift from within.

Each session is sure to be relaxing as well as uplifting. In each session you will benefit from the highest grade of Young Living essential oils, which have natural healing abilities to uplift, restore, harmonize and balance your energy within and throughout.

What to bring? Yourself of course, but remember this is a day to breakaway and reclaim yourself. Come in comfy clothing such as light cotton; yoga pants, tee shirts - no jeans, hoodies, belts or jewelry unless it's your sacred-band.

Make-up? No one will see your make-up until the eye-masks are removed, but we will leave it up to you. Please take into count each mask we provide is made of 100% silk is infused with natural herbs and essential oil. One ultra soft blanket and yoga mat will also be provided. Please bring (2) pillows from home – you'll be lost without them! Each pillow you bring serves a comfy yet

beneficial purpose that allows you to take the sweet, uplifting, yet calming scents of essential oil home with you.

This is a wonderful opportunity to reclaim what breathing is really about. Its time we discover how breath is a way to use our senses to smell, feel and speak. It's through breath you have the natural ability to install quality of self and breathe in new life, restore and be alive. Through breath, is to be at ease, relax and not worry. Breath can bring you to your sacred place of serenity; coming into light, brightness, to be untroubled and in a state of calmness, without stress or disturbance.

Chair Massage - 1/per min

A seated chair massage might be more than a luxury that leaves you feeling refreshed and rejuvenated. Chair massage is a style of seated massage that is typically short – 10-15 minutes - and focuses on your back, shoulders, neck and arms. Chair massage is done over clothes and doesn't require massage oil.

You are seated in a special chair with your face resting in a cradle, looking down towards the floor, with supports for your arms. Your back and neck are able to completely relax while muscle tension is relieved through Swedish techniques, kneading, compression and tapotement. It can have positive effect in just 10 minutes. Your blood pressure and heart rate can decrease, stress reduced, mental alertness and productivity increase and sleep and immunity enhanced.

At the Workplace

Chair massage can improve productivity and reduce stress. A study published in the "Journal of Alternative and Complementary Medicine" in 2011 found that twice a week chair massages decreased musculoskeletal aching and pain and increased range of motion after one month. "Complementary Therapies in Clinical Practice" in 2012 reported a study showing that offering 15-minute chair massages to nurses during work hours significantly reduced their stress. When employees aren't hurting and aren't stressed, they're more able to focus on job-related tasks.

*Please Be Mindful:

Honor our sacred space with a quiet voice. Remove your shoes when entering. Turn off or silent your cell phones.

Breathe. Let Go. Enjoy personal growth in your body, mind and spirit. Honor your body, honor your mind, and honor your spirit within the time you set aside for yourself and today.

**Session's range from an hour and a half to two-hours. First initial energy session may take up to three-hours with full-body assessment.*

Massage Therapists and/or Holistic Healers do not diagnose illness, disease or any other physical or mental disorder; nor do they prescribe medical treatment of any kind. Massage or energetic healing is not a substitute for medical examination, diagnosis or treatment. Massage, Holistic and bodywork practitioners do not perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness. It is recommended that one see a physician for these services.