

Heather's Holistic Health, LLC.

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www.heathersholistichealth.com

Indulge in Chocolate



Valentine's Day Specials

Come join us for relaxing and romantic days in February. Enjoy a Couples Massage with candlelight in one of our special rooms. Our Valentine's Day celebrations will include; chocolate covered strawberries, cookies, and chocolate kisses .



Chocolate Ultimate Spa - \$225

Chocolate Maxi Spa - \$140

Chocolate Mini Spa - \$90

Chocolate Wrap and Facial - \$155

Chocolate Facials - \$75.00

Chocolate Facial and Pedicure Spa - \$135

Chocolate Manicure Spa - \$25

Chocolate Pedicure Spa - \$60.00

Massage with Chocolate scented oil - 1 hr/\$65.00 1/2hr/\$40.00

Therapies, Treatments & Services

(Gift Certificates available)

Spa Packages

Maxi Spa ~ Mini Spa ~ Sinus Therapy ~ Wraps ~ Facials ~ Pedicure Spa

Acupuncture

Treatments and Face lifts

Massage



Swedish ~ Deep Tissue ~ Shiatsu ~ Pregnancy ~ Myofascia,
Lymphatic Drainage ~ Thai ~ Couples Massage

Classes

Yoga ~ Belly Dancing ~ Yopalates ~ Pilates ~ Tai Chi ~ Hypnosis Weight Loss
Stop Emotional Overeating Program

Other Services

Ear Candling ~ Intuitive Readings ~ Cranio-Sacral Therapy ~ Reflexology
Energy work ~ Homeopathy ~ Herbal Consultations ~ Chiropractic ~ Counseling Waxing
Microdermabrasion ~ Bronzing ~ Aviana Touch Therapy
Ionic Detox Footbath ~ Colonic Hydrotherapy

Hypnotherapy and Counseling



*Give the gift of health that will make
Valentine's Day extra special!*

~ GIFT CERTIFICATES ~

 *Chiropractic*

 *Body Wraps*

 *Acupuncture*

 *Massage*

 *Facials*

 *Manicures*

 *Couples Massage*

 *Ear Candling*

 *Pedicures*

 *Spa Packages*

 *Hypnotherapy*

 *Yoga Classes*

 *Gentleman's Spa*

 *Bronzing*

 *Waxing*

~ GIFTS ~

*We are also excited to present our line of
Swarovski Crystal jewelry,
earrings, bracelets, and necklaces with gift boxes.*



Start the New Year off Healthy ~ CLASSES ~

Live a Healthier Life Style **(Must call ahead to register)**

Yoga

Monday 5:00 – 6:00 Beginners
Tuesday 12:15 – 1:00 Beginners
Wednesday 6:00 – 7:00 Slow Flow
Friday 2:00 – 3:00 Beginners
Saturday 9:00 – 10:00 am Beginners

Trim and Tone

Wednesday 5:15 – 5:45 Toning

Belly Dancing

Thursday 5:30 – 6:30 Advanced
6:30 – 7:30 Beginners

- ❑ **Improve your health**
- ❑ **Sleep more soundly**
- ❑ **Lower your stress**
- ❑ **Alleviate discomfort**
- ❑ **Energize your entire body**
- ❑ **Enhance your natural healing system**

Hypnosis for Weight Loss

Hypnosis is a powerful, proven program which taps into the power of the sub-conscious mind. You can re-program your sub-conscious to help you change your eating patterns, give you motivation to exercise, eat healthier, drink more water, and enjoy doing it. Hypnosis is the perfect tool for re-educating your sub-conscious mind, the part that creates cravings and impulses.

If you are struggling with weight loss, hypnosis can provide the extra motivation and enable you to escape the many food traps that get in the way of weight loss. Permanent weight loss occurs with a change in lifestyle, not through unnatural diets that are impossible to maintain. Hypnosis can help you make those changes, quickly and more easily than you ever imagined possible. Anyone who has been on a diet knows the powerful motivation you feel when you first start out. Then, as time goes on, the rate of weight loss slows down; you lose weight more slowly, and may even gain a bit. And suddenly, it isn't quite as easy to stay motivated any more. Hypnosis helps maintain the motivation for weight loss, keeps you feeling confident that you can achieve your perfect weight goal.

Individual hypnotherapy cost is \$90.