

Classes



Making time to support your inner being with healthy practices is not a luxury, it's a necessity. Reduce stress and increase awareness of your own body language by participating in our weekly Yoga classes!

Monday:

5:30pm - Gentle Flow with Rebecca

6:30pm - Restorative with Rebecca

Wednesday:

4:30pm - Flow and Focus (Basic) with Ann

5:30pm - Flow and Focus (Moderate) with Ann

Ann

Thursday:

5pm - Vinyasa Flow with Tamara

***Please call for availability**

Weekly Mindful Meditation

"The goal of meditation isn't to control your thoughts, it's to stop letting them control you."

The Mindful Meditation group meets every Tuesday at 6pm.

Any Questions? Contact us!

Hours of Operation:

Monday-Friday: 9am-5pm **Saturday:** 9am-3pm **Sunday:** Closed

HeathersHolistic@gmail.com

Follow us on Social Media

Facebook: @HeathersHolisticHealth

Instagram: @HeathersHolisticHealth

Twitter: @HeathersHHealth



Meet our Therapists and Staff



Lisa Torbert, MS, CADC, CRS

QRA Practitioner, Hypnotherapist, Detox and Weight Loss Specialist. Owner of Heather's Holistic Health, Torbert Realty, & Scy Rentals Management. Author:
"Why can't I Lose Weight? Toxins"
"Healthy Kids Don't Eat Poison Apples"
"Urges Within - Creating Healthy Addictions"
"Cancer on a Harley -- Or is it? Lyme Disease"

Michael Moore

MAC Licensed Acupuncturist and Acupuncture Face Lift

Lydia D'Antonio

Licensed Massage Therapist, Aesthetician, Reflexology, Facials and Microdermabrasion

Linda LeBlanc

Licensed Medical Aesthetician: Facials, Waxing, Celluma Face Treatments

Tanya Spiezio

Licensed Massage Therapist

Lisa Johnson-Walls

Licensed Massage Therapist, Ear Candling, Energy Work

Ruthann Myers

Certified Massage Therapist, Energy Work, and Reflexology

Yvonne Davis

Licensed Massage Therapist

Rose Boromee

Certified Massage Therapist

Rhonda Quin

Certified Hypnotherapist

Ann Gravatt

E-RYT200, YACEP - Yoga teacher, QRA Practitioner, Detox Services Provider and Reiki Energy Worker

Rebecca Richardson

RYT200 - Yoga Teacher

Tamara Lang

RYT200 - Yoga Teacher, Reiki Energy Worker

Angie Schellinger

Office Manager

Bijou Cox

Graphic Designer, Marketing Specialist

Felicia Larimore

Office Assistant

Aaliyah Hughes

Office Assistant



Heather's Holistic Health



Where mind, body,
& spirit connect

1169 Walker Road, Dover DE, 19904

www.HeathersHolisticHealth.com

(302) 678-3433

Skin Care

Microdermabrasion \$150

Treatment to reduce fine lines and wrinkles using crystals to remove dead skin.

Maxi Spa \$150

60 minute massage, facial, foot masque, and hand treatment.

(2 hour total session)

Mini Spa \$95

Extended décolleté massage, facial, foot masque and hand treatment. (75 minute total session)

Microneedling Facial \$100

Minimally invasive treatment that increases collagen production and minimizes the appearance of acne scars.

Backcial \$80

Organic scrub combined with sonic technology sloughs off dead skin cells to allow the removal of toxins and clogs.

Body Wrap \$80

Detoxify using a Salt Glow or Algae Wrap.

Celluma LED

Light Therapy \$125

Our facial and peel combined with a low-level light energy treatment based on NASA technology and is FDA cleared for treating acne and aging.

European Facial \$80

Customized to match individuals specific skin care needs.

Oxygen Facial \$125

Facial with Lift Masque & Plant Cells.

Cool Face Lift

Rejuvenation \$130

Cold Stone therapy with facial and target points.

Image 0² Lift Facial \$125

This revolutionary skin care treatment infuses oxygen, plant derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin, leaving you red carpet ready!

Waxing/Sugaring

What is Sugaring?

Sugar waxing, or sugaring, is a type of wax that will only stick to the hair follicle itself, and not the live skin cell!

Traditional Bikini **\$35**

French Bikini **\$45**

Brazilian Bikini **\$55 & UP**

Upper Leg* **\$65**

Lower Leg and Knee* **\$40**

Full Leg with Bikini* **\$80**

Back* **\$50**

Chest **\$50**

Eyebrows **\$15**

Upper Lip **\$12**

Chin **\$12**

Under Arms **\$22**

Lower Arms* **\$30**

Full Arms* **\$45**

***Sugaring Services Available**

Massages

Swedish

The most commonly utilized technique consisting of light pressure and long gliding strokes that follow the flow of blood as it returns to the heart. This technique offers simple relaxation for the entire body and is best for those who are new to massage, or looking to decompress.

Deep Tissue Massage

Application of slow, firm pressure to reach deeper layers of muscle and fascia for reduction of pain or discomfort while promoting healing.

Sports Massage

Designed for athletes to improve flexibility, endurance, muscle recovery, joint mobilization, and prevent muscle strain.

30 Minutes \$40

60 Minutes \$70

90 Minutes \$105

60 Minute Couples \$140

Warm Stone \$50/\$80

Smooth, heated stones are placed on specific areas to ease muscle tension and damaged tissue throughout the body.

Warm Bamboo \$50/\$80

Oil coated bamboo is rolled over the body to reach the deeper muscle layer. This alleviates tension, stretches and relaxes the muscles.

Pregnancy Massage \$40/\$70

Our private rooms include tables with belly and breast areas removed to help provide deeper relaxation for both the mother and the unborn child. This helps to promote wellness, and decrease stress and body aches that are associated with pregnancy. (Must be past first trimester)

Lomi Lomi \$85

The traditional Hawaiian massage utilizes continuous flowing movement to encompass healing for the whole body through mind, body, spirit, and emotions.

Lymphatic Drainage \$50/\$80

Promotes circulation through the lymph nodes and helps rid the body of toxins and waste matter. Aids in purifying and regenerating tissues while normalizing organ function. Enhances metabolism and strengthening ones immune system.

Myofascial Release \$50/\$80

Gentle pressure applied to thickened fascia that surrounds your muscles to soften tissue and support healing.

Holistic Therapies

Acupuncture \$70/\$35

Traditional Chinese Medicine that helps treat allergies, pain, addictions, infertility, diseases, and also aids in weight loss. (Children's Acupuncture available for \$35)

Ear Candling \$55

Gentle removal of excess ear wax and debris by use of a lit muslin candle to safely draw out unwanted material.

Sinus Therapy \$50

Relieves pressure and congestion using steam, eucalyptus, and gentle massage to help lymph nodes drain sinus cavities.

Energy Work (Reiki/Chakra Balancing) \$70

Positively recharge with the healing touch of energy balancing. Aids in reducing stress, pain, and releasing negative emotions.

Hypnotherapy \$90

Guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness for reprogramming of unhealthy subconscious behavior(s).

Reflexology \$40/\$70

A relaxing way to stimulate the body's natural healing abilities by applying pressure to specific points on the feet. This practice promotes energy flow and releases tension throughout the body.

Medicupping \$50/\$80

An ancient form of alternative medicine when special suction cups are placed over areas of skin to reduce inflammation, decrease pain, anxiety, and fatigue, as well as increase blood flow and promote relaxation. Generally incorporated in a massage service.

Detox/Weight Loss

Premier Supplement Store

Premier Research Labs (PRL) was founded to deliver uncompromising quality and effectiveness by providing 100% non-toxic and effective products.

Some of our most popular supplements include:

-Vitamin C

-Vitamin D

-Oil of Oregano

-AllerCaps

-PneumoVen

-Max B

QRA Testing \$100

Encouragement of the body to identify nutrients it may be deficient in through a unique testing process called Quantitative Reflex Analysis (QRA). Supports nourishment of internal organs and body systems.

Detox Acupuncture \$70

Lymphatic Massage \$80

Ionic Foot Detox \$50

Infrared Sauna, Ionic Foot Soak \$70