



Give a Gift with a Personal Touch

MINI-VACATION FEET TREAT GIFT CERTIFICATE
ONLY \$50 (\$75 value)

45-minutes Foot Treatments
Target Insomnia, Stress, & Anxiety

Call 407-610-7435

Enjoy our mini-vacation feet treat massage gift certificate. Your respite begins as you receive a warm welcome and settle into a luxurious 15-minute foot bath in Epson salt and essential oils followed by 30 minutes of foot massage, reflexology, and stretch techniques soothing your entire body.

Reflexology is a science of using specific touch pressure techniques on foot and hand reflex points. Each foot has over 7,200 nerve endings (reflexes). All parts of the body are affected by their associated reflex points in the feet. Thus treatments create physiological changes in the whole body by way of the neurological and fascia pathways. These techniques reduce body tension and activate the autonomic nervous system which engages deep relaxation.

Our Mini-Vacation Feet Treat especially targets **insomnia**, **stress** and **anxiety**. However if you are feeling a little “low in energy” treating your feet also helps **increase energy levels**. Foot work aims to balance the body from any extreme.

So, treat your feet or gift your loved one bringing deep relaxation to the entire body.

Don't hesitate to call with any question. We look forward to meeting your need for a touch of restoration.

Highlights:

- Address stress and anxiety (may also decrease pain in associated body parts)
- Warm Epsom Salt with 100% pure essential oils foot bath 15 minutes
- Personal customized manipulation of the soft tissue in the feet 30 minutes
- Calming spa-like atmosphere
- Soothing music or nature sound options including instrumental hymns DVD
- Centrally located near I-4 and HWY 436
- Nationally Certified therapists (<http://www.ncbtmb.org>)