

Mind, Body, Spirit Evolution

Health Enterprises, Inc.

www.healthnm.com

Treatments offered by Health at Sunrise Springs

Massage: Light to medium or firm pressure may be used. Helps with relaxation, circulation, rehabilitation and/or athletic conditioning. 50/80 min, \$110/\$155

Hot Stone Massage: Massage with warm oil and stones. Helps induce deep relaxation of sore or tight muscles and the nervous system. 80 min, \$155

Thai Tranquility Massage*: Firm pressure and light stretching are used to support your overall health by opening up all major meridians. Can be both very relaxing and rejuvenating. 80 min, \$155

Oncology Massage: Massage with acupressure, reflexology and/or sound healing. May help relieve stress and side effects from chemotherapy. May also support whatever systems are dealing with cancer. 50/80 min, \$110/\$155

Medicine Helper Massage: Native healer uses massage, prayer, native song, the medicinal power of fresh herbs and smudging to help to alleviate stress. Provides support if you're dealing with an old or current emotional trauma. 80 min, \$170

Facial: Natural skin care for the face or back. Massage, acupressure, manual lymphatic drainage, cranialsacral therapy, extractions, jade rollers, warm stones, cool stones and Japanese and Ayurvedic facial techniques may be used to support general health, rejuvenation and relaxation of face and body. 50/80 min, \$125/\$170

Altar of Creation*: Mostly light touch is used to help the body access it's own blueprint for health so that it can self-heal and self-regulate. Based largely on embryology and sacred geometry, this treatment can help with shock & trauma, aches & pains, stress & stress-related issues, vitality & joy, clarity & personal evolution and general health & well-being. 50/80 min, \$110/\$155

Cranialsacral Therapy*: Very light touch and specific hand placements help maintain balance of the nervous system and natural subtle movements in the cranium and sacrum. Helps reduce pain and tension, most noticeably in the hips, back, neck and head, due to long term issues in these areas, emotional stress, injury or after surgery. 50/80 min, \$110/\$155

Reiki*: Very light touch and specific hand placements promote general health, well-being and relaxation. Supports your emotional or physical health after trauma, injury, surgery or illness. 50/80 min, \$110/\$155

Sound Healing*: Ohm tuning forks are placed on acupressure points to help reduce muscle soreness, tension & headaches. Supports your emotional or physical health after trauma, injury, surgery or illness. Drumming and vocal toning may also be used. 50/80 min, \$110/\$155

Reflexology*: Gentle alternating pressure on reflex points on the feet and/or hands helps with general balance and deep relaxation. Supports the health of your entire body. 50/80 min, \$110/\$155

Lymphatic Release: Gentle high frequency, extremely low energy, physical vibration with acoustic waves, electrostatic field and electro-pressure are used in specific places on your body to naturally break up lymphatic congestion. Supports your body's internal health. May help with localized and general pain reduction. 80 min, \$170

Intuitive Reading: Reading of your aura (energy field) and modern symbolic cards can provide clarity and insight for you about your relationships, work and health. You may also discover strategies of how to move forward in a positive direction. *Available by phone or Skype only.* 50 min, \$125



Sunrise Springs is located at 242 Los Pinos Road in Santa Fe. Prices exclude New Mexico Sales Tax. Tipping is unnecessary. Call for directions and to schedule an appointment. Even though we encourage you to make your reservations in advance, same-day appointments may be available.

**Please wear loose comfortable clothing.*