

Sunshine Massage with Kristin Stephens



As a Professional Massage Therapist certified by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) and a member of The American Massage Therapy Association (AMTA), Kristin brings light into her work with excellent hands on skills and radiant personality. Her Holistic approach to massage and bodywork enhances the ability to work with each unique individual by tailoring the service to the client's needs. Kristin's goal is reduce stress, ease physical discomfort and pain and enrich her client's life. With an array of techniques and services, Sunshine Massage with Kristin Stephens sets forth the opportunity to improve health and wholeness. Experience the mind-body connection and let the sunshine into your life.



**Sunshine
Massage**
with Kristin Stephens

Therapeutic Massage

30 minutes	\$45
60 minutes	\$65
15 additional minutes	\$15
30 additional minutes	\$25

Melt deep rooted muscle tension with a woven tapestry of massage and bodywork techniques as our accomplished therapists create a personalized session that responds to your precise needs. Improve vitality, strength, and mental alertness while rediscovering a sense of comfort in your own skin. Depth of pressure varies according to your preference and the condition of your muscle tension.

Deep Tissue Massage

\$10 added to Therapeutic Massage price.

When a variety of pressures just isn't enough.

Hot Stone Massage

75 minutes	\$105
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Multiply the benefits of therapeutic massage with the use of deeply soothing, perfectly heated smooth river stones. Improve circulation, soothe tired joints and relax tense muscles... Melt away every ounce of stress physically, emotionally, and intellectually. Allow your therapist to introduce cold stones to support maximum healing.

Aviana Touch Therapy

60 minutes	\$ 60
with Hot Stones – 75 minutes	\$ 90
with Massage – 90 minutes	\$100

Dramatically different than a traditional massage ... drawing on ancient wisdom, this energy-based protocol focuses on face/scalp, feet and touch points across the entire body. Created and taught throughout the country by Nancy, this body of work is intended to strengthen you, release tension, improve mind-body-spirit connection, and encourage positive changes in immune function. Leave feeling as if you had a power nap ... full of renewed energy and vitality. (Undress optional)

Champissage™ (Indian Head Massage)

30 minutes	\$45
With warmed oil application	\$55

Rich in tradition, this invigorating scalp massage has been practiced for over a thousand years in India and continues to be taught only by those authentically trained. Enjoy this uniquely gentle/firm and rhythmic service while seated in a comfortable chair, fully clothed. Incense burning optional.

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Arrival... If you are a new client please arrive 10-15 minutes early to ensure the full time of your service. If you are late, we may reduce time of service in order to begin our next client on time.

Cancellation policy... If a schedule change is necessary, please notify us at least 24 hours in advance of the appointment time.

Payment... Preferred method of payment is cash and check, if needed a credit card payment or other methods of payment will be accepted.

Soft voices... Please use your inside voice and refrain from using your cell phone by turning it off while in the building.

Customization... We encourage communication with your therapist about your treatments so that your needs may be accommodated. Our intention is that you receive maximum benefit from your experience

Sole Mates

30 minutes

\$52 per person

Take pleasure in a warm and "scent-ual" foot bath followed by a delightful foot massage. Escape alone or in the company of like-minded friends.

Hand/Foot/Scalp Ritual

60 minutes

\$60

Treat your feet...hands and scalp with a decadent service designed to aid those areas you use most but get the least attention. Enjoy a scalp massage while moist warm towels are applied to the hands and feet. Followed by a reflexive massage with heated oil to release stress and promote relaxation.

Passive and Active Stretching

One hour

\$60

Per minute

\$ 1

Release muscle and joint tension with a variety of resisted and non-resisted stretches. The service is tailored to the level of your comfort and flexibility, insuring the best results. These techniques increase circulation, expand Range of Motion and enhance muscle and joint flexibility. Allow 1 hour for a stand alone service or add additional minutes to any service.

"You are little but mighty and know exactly where all the "spots" are. I am glad to have found a therapist that takes the time to really understand what it is I need most. I always feel relaxed during the treatment and like a new women afterwards!"

— L. Wagner

Located at:



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www.VisionaryBodyMind.com

HOURS BY
APPOINTMENT ONLY



Sunshine
Massage

with Kristin Stephens



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Client information form

Name _____

Street _____ City _____ State _____ Zip _____

Telephone (home) _____ (work) _____ (cell) _____

E-mail _____

(by supplying your e-mail address, you are giving permission to receive updates and special promotions)

Occupation _____ Employer _____

Age _____ Date of birth _____

How did you hear about us? _____ Physician _____

Primary reason for appointment _____

Have you had Aviana Mindful Touch Therapy before? Yes No

Energy Body work? Yes No

Professional massage? Yes No

Have you ever had surgery? Yes No

If yes, please describe: _____

Do you have any skin problems or allergies? Yes No

Do you take prescription medication? Yes No

If yes, please list reason for taking: _____

Have you suffered an acute injury recently? Yes No

Do you have... varicose veins? Yes No

blood clots or a history of blood clots? Yes No

arthritis? Yes No

heart problems? Yes No

spinal problems? Yes No

If yes, what is the diagnosis? _____

blood pressure problems? Yes No

Do you exercise regularly or participate in any sports? Yes No

If yes, what kind and how often? _____

Are you living with cancer? Yes No

If yes, what type? _____

What is your treatment plan? _____

Have you had lymph nodes removed? Yes No

If yes, where? _____

Are you pregnant? Yes No

Do you have any other medical conditions that I should be aware of? Yes No

If yes, please describe: _____

I, _____, understand that massage therapy and body work given here is for the purpose of stress reduction, relief from muscular tension or spasm, or for increasing circulation and energy flow. I understand that the massage therapy and body work is not a substitute for medical examinations and/or diagnosis and that it is recommended that I see a physician for any physical ailment that I might have. Because a massage therapist must be aware of existing conditions, I have stated all my known medical conditions and take it upon myself to keep the massage therapist updated on my physical health.

Signature _____ Date _____

Witness _____ Date _____