

Integrative Massage with Michelle Boyle



With 20 years of experience as a counseling professional, certified facilitator for Woman Within®, International and a licensed massage therapist, I offer a broad range of modalities with expertise, tailored to the needs of each client.

It is my intention and mission to create space where healing can occur for the physical body, intellectual mind, emotional heart and spiritual being. Ever present is my understanding that people of all walks of life are seeking health and wellness. Those on a similar journey are welcome to experience health, healing and transformation. At Visionary and Massage Associates, I share space with like-minded therapists who offer their own unique services. It is an honor to be among this level of expertise, talent and gifts in the healing realm. Be blessed,

Michelle Boyle



**Integrative
Massage**
with Michelle Boyle

Therapeutic Massage

30 minutes	\$40
60 minutes	\$75
15 additional minutes	\$15
30 additional minutes	\$25

Melt deep rooted muscle tension with a woven tapestry of massage and bodywork techniques for 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.

Gentle Flow

60 minutes	\$65
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Feather light and fluid, like the seamless ripples of a gently flowing stream. Light pressure and gentle stretching techniques to create a feeling of total body relaxation.

Deep Tissue Massage

\$10 added to Therapeutic Massage price...

When a variety of pressures just isn't enough...

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 Schmitt, former owner of Aviana, 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)

Hot Stone Massage

75 minutes... \$105

Multiply the benefits of therapeutic massage with the use of deeply soothing, perfectly heated smooth river stones. Improve circulation, sooth 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.

Infant Massage/Caregiver Training

30 minutes	\$35
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This gentle and effective massage can assist infants when there are difficulties with eating, digestion and sleeping. Learn skills to enhance your child's routine. The result is a more joyful time for you and baby.

(Continued on other side)

Integrative Massage with Michelle Boyle



Michelle Boyle, B.S., L.M.T. has spent over 12 years in the counseling profession prior to her decision to make a career change to massage therapy. Michelle realized that she was being called to something more, something that would allow her to incorporate into her work the possibility of healing for the whole person. This career change has transformed her life and she believes that she is fulfilling what she's been called to do. For the past 7 years Michelle has had the privilege to know and work with Nancy Schmitt. In fact, once she met her, Michelle knew that she was aligned with greatness. She has loved being a part of the Aviana Team and looks forward to the continued success on this new journey as independent businesses with a common vision.



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; other payment will be accepted by exception.

Maternity Massage

60 minutes

\$65

Experience tremendous benefits throughout your pregnancy as you relax and enjoy a safe and effective massage. Feel relief of muscle discomfort, tension and swelling. (Check with your physician if you have any concerns/question or if you are a high risk pregnancy.)

Myofascial Release

30 minutes

\$45

60 minutes

\$75

Trained by the founder himself, John Barnes. Experience hands-on, gentle and sustained pressure into the fascial restriction. These restrictions act as a straightjacket and create symptoms throughout the body. A series of sessions will result in resolution and healing for your body.

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.

Michelle is a one-of-a-kind massage therapist. Her hands have been instrumental in reversing my musculoskeletal pain caused by stress and injury. She is by far the most effective therapist I have ever worked with because of her combination of superb professional knowledge and intuitive healing gifts.

— Amanda B.

Located at:



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www.VisionaryBodyMind.com

HOURS BY
APPOINTMENT ONLY



Integrative
Massage

with Michelle Boyle



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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 _____