



# Health Services

*40 for hour appointment, \$63.00 for hour & half.*

**MASSAGE THERAPY** This collection of integrated methods is our primary service in the School Clinic.

**Integrated methods** including Swedish, Connective Tissue, Myofascial, Reflexology, Neuromuscular Therapy, Hydrotherapy applications. Clients complete an intake, communication about session needs between client and student therapist intern is engaged in. Our clients schedule for wellness, vitality, pain relief; to improve sleep quality, maintenance, and more. See our website for actual client testimonials <https://www.naturopathicschoolofannarbor.net/>.

**PRENATAL AND POST NATAL MASSAGE-** Specific attention to anatomical needs, propping, comfort, and goals as you move through the childbearing year.

**FOOT REFLEXOLOGY** – Excellent vitalizing foot care, with stimulation of foot reflex points which correspond to body systems, integrated with effleurage. An optional 5 minute foot soak or compress may be offered. This session rejuvenates and calms the nervous system.

**ENERGY BALANCING** – Sessions are done fully clothed, during a one hour appointment, with work drawn from Dr. Randolph Stone’s polarity therapy and Dr. Delores Krieger’s “therapeutic touch”, or Reiki. Specific gentle and brief hand placements act to bring about energy flow. Ideal for reduction of stress, emotional balance, mental clarity.

**HYDROTHERAPY SESSIONS** - Hydrotherapy and Thermotherapy Applications, such as the placement of a castor oil pack, or a compress, may be integrated into the above sessions. \$8.00 add on per session. Individual, Specific Rejuvenating sessions are described here:

**VITALIZING IMMUNE SYSTEM SUPPORT:** Small areas of arms, legs, back, neck, and feet are treated with a cold mitten friction, (loofah or cloth), which brings about circulation, relaxation and warming of the system. Add onto price 15\$

**CASTOR OIL PACK** – Through the scientific application of gentle heat, oil is absorbed into muscle fibers, or visceral organs, allowing for increased movement and reduced congestion and release of restricted muscle fibers. You can easily learn to do this at home.

