

**Benefits of
Pressure Point**

- Increase Circulation
- Decrease Muscular Stiffness
- Improves Flexibility
- Stimulate Blood /Lymph Circulation
- Higher Quality Rest/Sleep
- Boosts Energy/Mental Awareness
- Reduces Anxiety/Depression
- Improves Joint Mobility
- Normalizes Natural Metabolism
- Improves Blood Pressure
- Relief from Arthritis
- Reduces Headaches
- Improves Spirit
- Improves Digestive Disorders



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***Pressure Point
Therapy***

***Maximize
your
Health and
wellness***





Pressure Point Therapy

Shiatsu originates from Japan. It is pressure through the use of hands and thumbs to acupoints throughout the body.

This enables the body to flush out accumulated toxins promoting the flow of blood and lymph. Therefore limbering the muscles and allowing the skeletal system to rediscover natural alignment, stimulating circulation, enabling internal organs, nervous and endocrine system to function at the optimal.

Reflexology is a natural healing based on the principles there are reflexes in the feet that correspond to every part, gland and organ in the body. Reflexology enhances circulation, relaxation and assists the body to normalize its metabolism naturally.

Shiatsu and reflexology together are a perfect union to help your body achieve its maximum health and wellness.

Are you dealing
with Insomnia,
Fibromyalgia,
Arthritis, Stress,
Migraine
Headaches,
Circulatory
Issues or
Digestive
problems to
name a few?
Pressure Point
therapy can
help!

***Pressure point
therapy is a very
relaxing treatment.
Client is fully clothed
and nestled on a
feather topped heated
massage table.
No use of oils, only a
foot cream at the end
of the treatment.
Book through
Activity Haven Office
705 876-1670.
I'm offering a half
price special for your
first experience of
Pressure Point
Therapy, only \$30.00
for an hour.
Every Tuesday and
Wednesday Morning***
