



**"CREATE ROOM
FOR YOUR
HEALTH."**



*You Don't go to the
Gym ONCE and
expect a new Body!*

WHY IS YOUR MASSAGE ANY
DIFFERENT?

12 MONTH- \$57

Includes a 1 Hour Classic Massage
-Essential Oil with all massages
-3 Free Extras
-20% off all other services

8 MONTH- \$62

-Includes a 1 Hour Classic Massage
-Essential Oil with all massages
-2 Free Extras
-5% off all Services

4 MONTH- \$69

Includes a 1 Hour Classic
-Essential Oil with all massages
-1 free Extra

**HARMONY
HEALING
ROOM**

COMMACK, NY

The 4 -8- 12

**PREMIUM
WELLNESS
PLANS**



WHY IT WORKS



RETRAIN YOUR BRAIN

*Do you feel on edge? Easily annoyed?
Unable to relax? Exhausted?*

Most likely your sympathetic nervous system, “Fight or Flight” response, is running your body. Fight or flight is the physiological reaction that occurs in response to heightened stress.

Unfortunately the brain often over interprets stressors and these responses keep us from functioning at our full capacity. As with any habit, repetition helps change behavior and encourages a different mode of operation. Studies show that the more you relax, the more your body can take care of itself.

CHOICE OF EXTRAS

HOT STONE FOOT MASSAGE

AROMA SCALP MASSAGE

FOOT SCRUB AND MASSAGE

REIKI

SLEEP THERAPY

FOOT DETOX BATH

Benefits of Regular Massages

DECREASED STRESS

IMPROVED IMMUNITY

BETTER DIGESTIONS

QUALITY SLEEP

REDUCED PAIN

MOVES BLOOD TO VITAL ORGANS

RELEASES ENDORPHINS

THE FINE PRINT

- I.D will be required at time of purchase.
- Client will be billed on date of purchase. The monthly charge is good for 1 massage within 30 days of the charge only. Massages do not roll over beyond 30 days and can not be redeemed.
- The client may give away 2 massages to other people in the 12 Month Program ONLY.
- If the client wishes to terminate their plan they must provide at least 30 days notice.
- If a client terminates the 12 month program prior to 12 months they are responsible to pay half of the remaining balance for the year.