



Reflections of Health

is a refreshing concept delivering its services with your wellbeing in mind.

Time is taken to discover you and your needs as an individual and help you implement changes desired to keep you feeling, looking and living well.

Enter into a place where time slows and stress fades. Embrace a moment for yourself; energize your spirit and relax your mind.

Recapture your youth and recognize that it is...

To Your Health

Reflections of Health



*Healing the World;
One Person at a Time.*

Reflections of Health

**1245 Hurstview Drive, Suite 100
Hurst, Texas 76053**



**By Appointment Only
682.557.1879**

www.2urhealth.org

**M, Tu, W, and Sa
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Massage...The Ancient Healing Art.

Body Treatments

Massage Therapy

Swedish Massage\$50

A gentle, relaxing full body massage designed to ease muscle tension.

½ Hr... \$25.00 1.5 Hr.....\$70.00

Prenatal Massage\$65

Helps reduce the fatigue, headaches, swelling and edema associated with pregnancy, preparing the body for the stresses of labor and delivery.

½ Hr...\$30.00

Deep Tissue Therapy\$75

A form of therapeutic massage that releases tight muscles eases muscle discomfort and strain.

½ Hr...\$35.00 1.5 Hr.....\$95.00

Reflexology\$50

A specialized foot massage that relaxes the body through the application of pressure to specific areas of the feet that refers to specific organs and body systems. 1.5 Hr.....\$75.00

Craniosacral Therapy\$75

Using a soft touch, restrictions are released in the craniosacral system to improve the functioning of the central nervous system.

1.5 Hr.....\$95 2 Hr.....\$130.00

Lymphatic Drainage\$75

Enhances function of the lymphatic system which detoxifies and regenerates tissues, drains fluids, filters out toxins and foreign substances as well as helps to maintain a healthy immune system.

1.5 Hr.....\$95

Balinese Foot Ritual\$85

Indulge in a beverage of white tea and enjoy a lower leg and foot exfoliation treatment, massage, hot towel coconilla wrap, and finish with foot reflexology. 1 Hour 30 min.

Ko-Bi-Do Stone Facial\$55

A blend of hand manipulations with warm and cold stones is a truly exotic experience. Increase circulation to the scalp and face while toning and revitalizing the skin. 1 Hour

Satin Skin.....\$50

A gentle exfoliation treatment with hot towels followed by a light massage to rehydrate. 1 Hour

Coconilla Body Wrap\$100

A blend of fresh coconut, vanilla and herbal extracts is applied for a sheer softening body indulgence. As you are cocooned in a warm wrap, relax to a soothing scalp, neck and shoulder massage. Following the wrap, you will be massaged with warm coconut oil, leaving the skin feeling like velvet. (Treatment includes Satin Skin treatment) 1 Hour 30 min.

Silk\$120

Begin your journey with a soothing body gommage and warmed towels gently exfoliating the body. Followed with an application of hydrating serum to moisturize and hot towels to infuse serum into the skin. Finally an application of warmed cocoa vanilla butter is massaged into the body, hydrating and repairing dry, damaged skin.

1 Hour 30 min.

Events & Classes

Available for On-Site

Chair Events

Rates vary per event.

In Home and Group Parties

Aromatherapy – Spa at Home

Fancy Feet

Herbal hour

Custom Spa Parties

Group & Individual Classes

Couples Massage

Prenatal Partner Massage

Infant Massage

Reflexology



Also Available
Gift Certificates
Supplements
Bath & Body Care

Massage is not a luxury, but a necessity for optimal human Performance.