



Winter 2004

Reiki Touch Therapy

Call for pricing

Performed completely clothed and in a quiet atmosphere. Hands are placed on non-invasive areas of the body such as the head, throat, abdomen, back, hands, and feet. As the Reiki energy starts to flow, you may feel these parts of the body getting warm. Please allow up to one hour.

Massage Therapy

\$60.00 - 1 hour
\$40.00 - 1/2 hour

Full-Body Massage

Incorporates various therapeutic techniques into relaxing, reviving, and refreshing the body. Please allow one hour.

Half-Hour Massage

Similar to a full body massage, however the focus is on the back, neck, and face.

\$85.00 - 1 hour

Hot-Stone Massage

For thousands of years, stones have been used for healing. The temperature of the stone is transferred to the body by means of conduction. Penetration of the warm stones may reach up to 1-1/2" into the superficial layer of muscle, resulting in deeper relaxation, increased relief to stressed muscles, and sore joints while improving detoxification.

Ear Candling

Call for pricing

Fast and painless, ear candling is a gentle, safe, and relaxing home remedy for cleaning the ears. About one foot long, ear candles are made of natural fabric or paper rolled into a slender, hollow cone and dipped in wax. As the candle heats up, it causes suction by creating a vacuum in the ear canal. The mixture of the heat and the vacuum draw out the wax and other debris from the ear canal into the base of the candle.

Dream Interpretation

Call for pricing and to
reserve your space

For years I've been sharing with people a key to unlocking the healing potential of their dreams. If you'd like to discover more about your dreams, join me for some fun and insight into how your dreams can help you in *Dreams 101*.

Bring a friend and a dream you would be willing to share with others. I look forward to meeting you! Classes meet the 3rd Thursday of each month. Class size is limited to 10 people so reserve your space today.

Tarot Readings

\$24.00 - 15 min.
\$40.00 - 1/2 hour

Tarot is a set of seventy-eight cards, each featuring different symbolic pictures. Tarot cards can be used for divination or fortune telling, meditation and visualization, self-improvement, path working, spiritual purposes, and as a tool of understanding. We offer 15-minute and 30-minute readings. Sorry, no card readings by telephone.

Astrology Natal Chart

\$60.00

Life unfolds according to certain inner design. How can we connect to that part of ourselves that knows what we can be? The natal chart is the map that can connect us to the part that knows. The birth chart symbolically portrays our own unique reality, innate pattern, and inner design. Telephone readings are available.

Less-Stress, Inc.
5 Middlesex Avenue
Wilmington, MA 01887

Phone: 978-694-9111
Email: lessstress@verizon.net
Web: www.less-stress-inc.net

Services by appointment only.

Gift certificates available.