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## APPOINTMENTS

CALL to make an appointment!  
Onsite & In Home Sessions Available.

You can find us at  
105 N. Railroad Street  
Buena Vista, CO 81211

[TouchMassageandHealing@gmail.com](mailto:TouchMassageandHealing@gmail.com)

cell: 575-779-8040

## CANCELLATIONS

There is a 24h cancellation policy.

Kindly note that all no-shows or cancellations within that timeframe will be charged in full.

## SATISFACTION

All treatments are customized to your needs. I pride myself in excellent customer service and therefore offer a money back guarantee as well as a sliding scale fee for people who qualify.



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## ABOUT ME



My vision is to assist individuals discover their natural balance and radiance within, through a variety of Eastern and Western healing modalities including, but not limited to, Massage, Reiki, Acupressure, Shiatsu, Stretching, Aromatherapy, Yoga and Relaxation.

Claudia is a RMT in the state of Colorado; a Certified and Registered Yoga Instructor with Yoga Alliance and an "Usui/Holy Fire" Reiki Master.

*Touch* Massage & Integrative Healing

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## *TOUCH*

Massage & Integrative Healing

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Located inside jalaBlu Yoga  
&  
The Mountain Tribe Boutique





**SWEDISH MASSAGE** calms the nerves and promotes circulation. Smooth gliding massage strokes and medium pressure characterizes this profoundly relaxing and beneficial technique.

**INTEGRATED MASSAGE** artfully combines any of the listed treatments to create a unique healing treatment designed to meet clients specific needs and concerns.

**REFLEXOLOGY** utilizes pressure applied to specific areas on the feet to invite a healing response in corresponding areas of the body. Each session begins with a soothing foot bath.

**ACUPRESSURE** uses light touch applied mindfully to acupoints in formulated sequences specific to the needs of the individual.

**SHIATSU** involves rhythmic pressure point application along traditional energy meridian lines. Shiatsu encourages the harmonious flow of healing life force throughout the body.

**REIKI** is an ancient energy healing principle that utilizes hands-on or hands-off techniques to promote balance in the body, mind and spirit.

**RAINDROP TECHNIQUE** Pamper yourself! A full body Swedish Massage involving the use of pure aromatherapy essential oils, applied to areas along the spine to relieve back tension and to encourage muscular relaxation.

**AROMATHERAPY** utilizes naturally extracted aromatic essences from plants and enhances an individual's innate healing process.

**HOT STONE MASSAGE** heated smooth river stones laid out in patterns on the body in combination with Massage and Aromatherapy assure a healing and relaxing treatment.

## SERVICES DESCRIPTION

- Free Consultations
- Same Day Appointments
- Package Deals
- Sliding Scale Fees
- Customized Treatments
- Gift Certificates

<b>SWEDISH MASSAGE:</b>	30 MIN.	\$29.00
	60 MIN.	\$59.00
	90 MIN.	\$89.00
<b>INTEGRATIVE MASSAGE:</b>	60 MIN.	\$69.00
	90 MIN.	\$99.00
	120MIN.	\$129.00
<b>REFLEXOLOGY:</b> (INCL. STRETCHING)	60 MIN.	\$65.00
	ADD-ON*	\$29.00



**Classical Swedish Massage**  
*Relaxing & energizing.  
Increases circulation.*



**Integrative Massage**  
*The all around  
wellness package.*

<b>ACUPRESSURE:</b> (INCL. A GUIDED MEDITATION)	60 MIN.	\$59.00
	75 MIN.	\$74.00
	ADD-ON*	\$15.00
<b>SHIATSU:</b> (INCL. WOMB MASSAGE)	60 MIN.	\$59.00
	ADD-ON*	\$15.00
<b>REIKI:</b>	ADD-ON*	\$19.00
	30 MIN.	\$49.00
	60 MIN.	\$59.00



**Reflexology**  
*Invites healing to the  
corresponding areas*

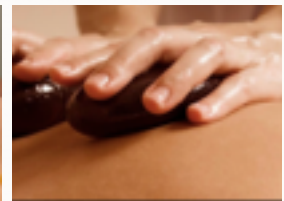


**Shiatsu**  
*Rhythmic firm pressure  
applied to key points.*

<b>RAINDROP TECHNIQUE:</b>	120MIN.	\$139.00
<b>AROMATHERAPY:</b>	ADD-ON	\$15.00
<b>HOT STONE MASSAGE:</b>	COMING SOON	
<b>CHAIR MASSAGE:</b>	15-20MIN.	\$19.00



**Rain Drop / Aroma Therapy**  
*Healing oils for Body,  
Mind & Spirit.*



**Hot Stone Massage**  
*A very healing and  
effective experience.*

\*(ADD-ONS are 15-30 Min.)

**Payments accepted: Check and Cash only**