

**Garden of Wellness: Holistic Clinical Massage and Integrative Therapies**  
**COMPLETE SERVICE MENU:**

**General Therapies:**

- Deep tissue
- Myofascial release
- Trigger point therapy
- Sports
- Medical massage.

**Add on's:**

- Aromatherapy
- Thai foot reflexology
- Cryotherapy balls
- Heatwave synergy stone
- Reiki

**Specialty Therapies:**

- Aromatouch technique
- Body gua sha scrapping
- Chakra balancing
- Sarvanga Abhyanga massage
- Intra--oral massage
- Sinus relieve treatment
- Head and migraine treatment
- Wood Therapy
- Thai foot reflexology w/ pink Himalayan scrub.
- Table Yomassage

**Programs:**

- Medical discount program
- Gratitude program
- Rose's delight senior wellness

**Onsite therapies:**

- Corporate chair massage
- Athletic training / events
- Company wellness workshops

**Virtual therapies:**

- One-on-one consultations
- Basic self massage
- Beat the slouch
- Infant massage instruction

**Women's Health Therapies:**

- Fertility massage
- Prenatal massage
- Postpartum massage
- Maternity reiki
- Lactation massage
- Infant massage instruction
- Postpartum Doula support

**\*\*\*Community massage project**

**Lymphatic Therapies:**

- General MLD massage (non surgical)
- Post-surgical Lymphatic massage

**Skin Therapies:**

- Skin detoxifier
- Myofascial release facial
- Gua sha facial reflexology
- Mommy to be belly facial
- Fire and ice facial treatment
- Dry skin brushing