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| **Cupping** is thought to affect tissues up to four inches deep from the external skin. The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, release toxins, clear blockages, refresh arteries and veins, and sedate the nervous system. |
| **REFLEXOLOGY** is holistic, which is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet--each reflex area sends feedback to related body part to strengthen body's innate healing ability and maximize body's function. |
| **Hot Stone Massage** is a type of massage therapy. Can improve blood circulation, dissipate damp, Help relieve muscle tension and pain, Sooth your nerve system, reduce stress and anxiety, Promotes sleep |
| **Thai Massage:** Our Thai Massage combines Swedish or Deep tissue with traditional Thai massage which employs stretching, pulling, and rocking techniques to relieve tension and enhance flexibility and range of motion to better fit customers’ needs. |