

# Body Balance Massage



**Lisa Spencer, CMT**  
 Please call 812.325.4554 to schedule  
[www.balanceme.abmp.com](http://www.balanceme.abmp.com)



## Wholistic and Natural

Lisa customizes massage treatments for each client, including the optimal combination of therapeutic grade essential oils—as desired—the environment of music and temperature, light and energy.

Her office is conveniently located near downtown and the Bloomington Hospital.

## Healing with Massage

Research confirms that massage therapy positively affects body and mind, promotes healing and maintaining a healthy lifestyle. Whether you are looking for deep relaxation or addressing an ailment or sore muscle, Lisa specializes in treating each client wholistically, creating an environment of rest and healing.

Many clients will seek massage when they experience problems, including depression, stress and various pains. Others want to maintain a healthy balance through regular massage therapy. Lisa, who has been helping clients for more than ten years, will customize each session with organic therapeutic grade oils, temperature and music. Lisa's mission is to deeply connect with her clients, uncover buried areas of discomfort and return body and mind to "balance."

## Specialty Massages

All specialty massages are considered therapeutic massages with essential oils and include Valor essential oil blend. Applied to the soles of your feet, Valor promotes structural balancing and courage to face whatever challenges you may have.

### Relaxation and Peace

Relax your mind with Lavender and your body with Peace and Calming essential oils.

Add a little Peppermint to accentuate the effect, and you'll be sliding off the massage table to go home ready for a nap.

### It Hurts Right Here!

Show us where it hurts and we have a therapeutic oil for your ailment. Pan Away and Wintergreen or Peppermint will warm and sooth tender areas and breathe new life into tired and/or tense muscles.

### A Slice of Happiness

If you'd like to increase your joy and happiness, let us nurture you with Joy essential oil blend, a little Lavender, too, so you can restart your life goals with renewed vigor.

### Purifying Rub

With all the stress and pressures, lack of sleep and toxic environment we face, you may be ready for a *detox* treatment. Get into the massage zone with a Lemongrass and Citronella blend of essential oils. Purification blend and Lemon essential oils can help eliminate waste from body and mind.

**Receive \$10 off  
 on your first  
 60-minute  
 Massage  
 Exp. 3/2013**

## Pricing Overview

Type of Massage	Minutes			
	30	60	90	120
Therapeutic massage with almond oil	\$ 30	\$ 55	\$ 85	\$ 110
Therapeutic & specialty massages with essential oils	\$ 40	\$ 65	\$ 95	\$ 120
Raindrop technique (with essential oils & hot stones*)		\$ 85	\$ 120*	
Hot stone massage		\$ 70	\$ 100	

**Corporate/event chair massage also available.**