



# *Being In Touch, Inc.*

Personalized Wellness Programs

designed especially for you by

**Monique Blake**

Health and Wellness Coach

The Wellness Oasis

1189 SW 26<sup>th</sup> Avenue

Ft Lauderdale, FL 33312

**954-558-2002**

**[www.beingintouchinc.com](http://www.beingintouchinc.com)**

*Plant the Seeds of Wholeness And Watch the Real You Bloom™*

MA#23465

*Gardening for the Soul*

# *Welcome*

When was the last time you thought about YOU? Being a superwoman or superman takes a toll on our spiritual, mental and physical health. **Do you remember the last time you had a moment of true peace or spontaneous celebration?**

In our day to day, we are single-minded: We work for the best future for our children; the best relationship with our spouse; the best home; the best career; best income and the best place in society. **What about the best you?**

Has your life become stressed and your dreams blurred? Well, now is the time to **return** to what nurtures you. Now is the moment to **rediscover** your joy. Now is the time to **reclaim** to your health. Now is the time to **rejoice** in your life. **You are worthy. Wouldn't you agree?**

**Being In Touch, Inc.** was created just for YOU. Our goal is to support you and your desire to live a life of balance, power and passion. Our holistic health and wellness programs are designed to educate and empower in order to achieve your best YOU now. Together we will...

*Plant the seeds of wholeness And watch the real you bloom.™*

# Menu of Services

## SACRED SPACE



### Stress Management Massage

Stress management (Swedish) massage employs a system of long relaxing strokes as well as various techniques on the superficial layer of muscle. It promotes general relaxation, improves circulation and relieves muscle tension.

**1-hour session.... \$65**

**90-minute session.... \$90**

### Deep Tissue Massage

Deep tissue massage utilizes a combination of techniques that allow movement beyond the superficial layer of muscle. It reduces the formation of scar tissue, eliminates chronic muscle pain and re-educates muscles experiencing injury, RIS, or trauma.

**15-minute session.... \$25**

**30-minute session...\$45**

### Aromatherapy Massage

Aromatherapy is the use of essential oils to treat the mind, body and soul. Essential oils are applied topically as well as inhaled. A 60-minute relaxation massage combined with personalized synergies of the purest essential oils promotes the deepest relaxation and well being.

**1-hour session...\$75**

## **Cranio-sacral Therapy**

Cranio-sacral therapy is a gentle and effective modality that focuses on freeing the restrictions of the cranio-sacral system. This system consists of the membranes and the cerebrospinal fluid that surrounds and protects the brain and spinal cord. The therapist uses light touch to encourage and strengthen the body's natural ability to heal itself. Cranio-sacral therapy effectively alleviates migraines, chronic fatigue, TMJ, infantile disorders, learning disorders and many other conditions.

**1-hour session.... \$75**

## **Hot Stone Massage**

Stone therapy is a Native American healing therapy. Hot stone massage incorporates massage techniques with heated basalt stones. The heat and planetary energy force of the stones soothe deep-seated muscle tension as well as restore a sense of balance and calm.

**90-minute session.... \$95**

## **Rain Drop Technique**

Raindrop Technique is a sequence of anointing with oils and laying on of hands that brings structural and electrical alignment to the body in a relaxing and invigorating manner through the power of essential oils. The session includes Tibetan Reflexology and the use of therapeutic grade Young Living Essential Oils.

**1-hour session.... \$85**

## **Reiki**

Reiki is an ancient laying-on-of-hands healing system that channels the Universal Life Force which flows through all living things. Reiki is a non-invasive gentle treatment that focuses on balancing the chakras or the body's subtle energy centers.

**30-minute session.... \$30**

**1-hour session....\$50**

# SERENITY

## Healing Herbal Wrap

Natural linen sheets are heated in an herbal infusion and then wrapped around the body. The fragrant linens encourage elimination of toxins. Herbs are blended to detoxify, purify and tranquilize.

**45-minute session.... \$55**

## Nurturing Mud Wrap

This treatment begins with a gentle dry brush exfoliation to remove dead skin and to activate the lymph system. A personalized blend of warm mineral rich mud and essential oils are applied to the entire body in order to relieve muscle aches and pains as well as to nourish the skin.

**50-minute session.... \$60**

## Foot treatments



## Sole Satisfaction

The treatment begins with a refreshing hot stone peppermint soak followed by an exfoliating sea salt scrub, revitalizing marine foot masque and hot oil foot massage.

**1-hour session.... \$65**

## Sole Bliss

Experience the ultimate foot treatment. The treatment uses an exotic rose milk hot stone foot bath and ends with paraffin to soften the feet.

**1-hour session.... \$85**

### **Aqua-Chi Detox Foot Bath**

Aqua-Chi Detox is a non-invasive, warm water foot treatment that uses copper and stainless steel electrodes to draw toxins out of the body. It also increases energy and relaxes the body and mind.

**40-minute session.... \$45**

**Session with 15 minutes foot massage.... \$60**

## **SANCTUARY**



### **Plant the Seed of Wholeness: Gardening for the Soul©**

Plant the Seed of Wholeness is a self-discovery and self-growth series. The garden is a metaphor for soul growth. The course is designed to unearth the person you desire to be and nurture. Meditation, visualization, breath work, journaling and other modern rituals are some of the practical tools used for personal development and transformation.

**Available as a course, workshop or retreat for young and adult women.**

### **Lecture Series**

Aromatherapy, Fitness, Massage, Reiki and Stress Management are a few of the wellness topics available. Lectures and workshops on any holistic topic can be created for your company, organization or group.

**\$125 per hour**

## **Chair massage**

Chair massage is also known as on-site massage because it can be conveniently brought into any setting. The massage usually last between 5-30 minutes. It is an ideal start to a workplace wellness program because it allows employees to remain fully clad and does not require the use of oils. Research shows that a chair massage is effective in elevating job performance, increasing company productivity, cutting down on absenteeism and boosting company morale. Chair massage is also a unique theme or addition to an office party or special event.

**1-hour.... \$150**

## **Ladies Night In**

Enjoy an evening of spa indulgence with your favorite friends. Learn how to make simply delicious beauty products. Fabulous spa creations and fantastic friends are the formula for an unforgettable Ladies Night In.

**\$125 plus materials**

## **Ladies Night Out**

This is the perfect antidote for stress. Experience a local spa with a group of your favorite friends. Learn how to properly use saunas, steam rooms, various water treatments and beauty products for maximum relaxation and renewal.

**\$75 plus materials**

## **Tarot Card Reading**

Tarot is an illuminating tool for inner guidance. Its rich symbols create an opportunity for personal evaluation and growth. A reading will provide a mirror for clearer insight and understanding of Self.

## **Love offering**

# **SUNSHINE**

## **Young Living Essential Oils**

Essential oils are the purest essence of a plant containing highly therapeutic properties. Young Living Essentials Oils are sold individually or costumed blended specifically for you.

**Wide selection available**

## **Nature's Sunshine**

An extensive variety of vitamins and health products are available for one of the most high quality brands. Lifestyle Analysis available upon request.

## **Swiss Just**

Swiss Just is a Swiss company with 75 years of experience in the creating quality products with natural active ingredients. The Swiss Just line includes aromatherapy products for hair, body, face, hand, foot and leg as well as products for circulatory, respiratory and joint care.

# **BECOME A LICENSED MASSAGE THERAPIST**

## **FLORIDA BOARD APPROVED MASSAGE THERAPIST APPRENTICESHIP PROGRAM**

The Apprenticeship Program:

- Provides a 12-month program in a one-on-one learning environment
- Taught by a FL LMT with over 12 years experience as a therapist and 6 + years as a massage therapy educator and curriculum specialist
- Works around your schedule
- Prepares you to pass the Florida Massage Therapy Licensure Examination
- Make you dream of practicing massage therapy come true

**Investment: \$8500**

Monthly Payment Plans Available

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## General Information

**Treatment Hours:** All services are by *Appointment Only*

**Arrival:** Please shower and remove jewelry before arrival. Arrive at least 5- 10 minutes before appointment time to ensure your full service time. Turn off all phone, cell phones, beepers and pagers upon arrival. Finally, update any recent change in your medical status.

**First Appointments:** Please note that our first appointment together will take an extra 15-20 minutes. Please plan your time accordingly.

**Cancellation Policy:** Your appointment is reserved exclusively for you. As a courtesy, please allow 24 hours notice, if you must cancel or reschedule. If you cancel or reschedule in less than the requested 24 hours of your appointment or if you do not show up for your service, you will incur a 100% charge.

**Payment:** All Major Credit Cards Accepted/PayPal payments available

## Contact Information

**Phone: 954-558-2002**

### LOCATION

**Studio:**

The Wellness Oasis

1189 SW 26<sup>th</sup> Avenue, Ft. Lauderdale, FL 33312

**Mailing Address:**

Being In Touch, Inc.

PO Box 246764, Pembroke Pines, FL 33024

**Web Address:** [www.beingintouchinc.com](http://www.beingintouchinc.com)

Thank You!