

welcome to our sanctudry

Wellness is a journey, and the team at Eucalyptus Wellness Sanctuary is here to guide you on your path. We believe you should feel your best every day, and our practitioners have carefully curated a variety of treatments that will help support your mind and body. Welcome to our sanctuary...



## **GENERAL INFORMATION**

**By Appointment Only** Please call or book online to schedule your appointment. No walk-ins.

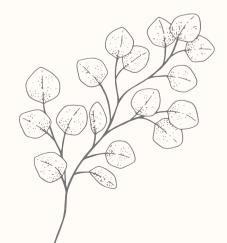
**Payment** Payment is due at the time of service. Accepted payment tender: cash, check, debit, credit (VISA, MasterCard, AMEX, Discover), Venmo.

**Cancellations** Life happens. If you need to cancel or reschedule, please provide 24-hour notice to avoid a 50% charge of your scheduled services.

**Late Arrivals** Please arrive 10 minutes prior to your treatment to complete any necessary paperwork. Arriving past your scheduled appointment time will reduce your treatment time.

**Minors** All clients 17 and under must be accompanied by an adult who will be required to sign a consent form, and remain present for the duration of the appointment.

**Military, First Responders & Veterans** As gratitude for your service, receive 20% off all available treatments.



# EUCALYPTUS

WELLNESS SANCTUARY

Massage Therapy | Reiki | Reflexology Holistic Health | Women's Health Birth Doula

> 320 Gifford Street, Unit 5 Falmouth, MA 02540

(774) 349-2183 www.eucalyptuswellnesssanctuary.com

### TRADITIONAL MASSAGE

**Eucalyptus Signature** A relaxing and soothing Swedish massage that reduces tension and improves circulation.

60 minutes | \$90 90 minutes | \$125

Therapeutic Massage Focused on areas with tension or pain. Uses moderate to deep pressure.

30 minutes | \$50 60 minutes | \$90 90 minutes | \$125

**Renew** A calming massage for hands, feet, face, and scalp.

#### 30 minutes | \$50 60 minutes | \$90

**Happy Feet** Focused on the feet and lower legs. Energizes, relieves tension, and improves circulation.

#### 30 minutes | \$50 60 minutes | \$90

**CBD Massage** With natural anti-inflammatory and anti-anxiety agents, this CBD oil massage will leave you feeling extremely relaxed and help promote relief from arthritis, muscle soreness, stress, and anxiety.

#### 30 minutes | \$65 60 minutes | \$105 90 minutes | \$140

**Passive Stretching** Experience the profound benefits of stretching. Aids in healing, prevents pain, increases blood flow to muscles, improves daily and physical activities, promotes a healthy range of motion, flexibility, and improves posture.

+Can be a stand-alone treatment or added on to complement any other treatment.

30 minutes | \$50 45 minutes | \$75 60 minutes | \$90 **Prenatal** For all stages and growth phases of pregnancy. Focused on comfort, health, and relaxation, with careful attention to common conditions and discomfort.

30 minutes | \$50 60 minutes | \$90 90 minutes | \$125

**Postpartum** Aids the body's recovery after giving birth. Reduces aching muscles, promotes lymphatic drainage, improves sleep, and increases the body's "happy hormones", dopamine and serotonin.

30 minutes | \$50 60 minutes | \$90 90 minutes | \$125

**Infant** A gentle massage to relax the newborn or infant.

20 minutes | \$30

## **AROMATHERAPY MASSAGE**

Incorporates use of pure, 100% therapeuticgrade essential oils.

**Raindrop Technique** Targeted massage and energy approaches to rejuvenate the body and mind. Restores harmony and balance, while working the neck, back, and feet. Great for those seeking relief from pain, illness, or depression.

#### 60 minutes | \$105 90 minutes | \$140

**Quiet Time** Promotes positive energy flow throughout the body to calm one's mind before bedtime to help achieve restful sleep.

#### 60 minutes | \$105 90 minutes | \$140

**Freedom** Quiets the mind and body to encourage the release of emotional traumas, fears, and feelings, while restoring calmness, self-love, and joy.

60 minutes | \$105 90 minutes | \$140

## **REIKI & REFLEXOLOGY**

Reflexology

#### Combination

30 minutes | \$50 60 minutes | \$90 60 minutes | \$90 90 minutes | \$125

Reiki

30 minutes | \$50 60 minutes | \$90

## HOLISTIC HEALTH

An array of modalities and techniques that identify and treat areas of the mind and body to aid in your health and wellness journey.

#### Aromatherapy | Herbs and Supplements Iridology | Bach Flower Remedies Nutritional Counseling ZYTO Scanner and Technology

**Aromatherapy** Treatment that uses essential oils to aid the body in times of physical and emotional stress. Restores balance utilizing the gifts of nature.

**Iridology** A technique that examines the eye's iris to reveal inherent strengths or deficiencies in organs, tissues, or glands.

**Bach Flower Remedies** An odorless, tasteless tincture, tailor made from different flowers that possess specific frequencies, to restore emotional balance and energy fields, and fosters an environment for your body to physically heal.

**ZYTO Scanner** Simple and painless device used to perform biocommunication of the human body. Scans all body parts and organ systems for heavy metals, bacteria, parasites, viruses, chemicals, food sensitivities and allergens.

Initial Consultation **90 minutes | \$200** \*family consultations available upon request

Follow-up **60 minutes | \$90** \*\$70 under 15 years old

Unwell Visit | \$75