

Sandra Yeo, RRPr.

Registered
Reflexology
Practitioner

Vertical Reflex
Practitioner

Synergistic Reflex
Practitioner

Certified Hot Stone
Therapist

Dermalogica Certified
Body Therapist

Certified Indian Head
Massage

Reflexology has been revolutionized with the introduction of Vertical and Synergistic Reflexology. Vertical Reflexology is based on the premise that reflexes are stimulated more if they are weight bearing. This means that you stand while receiving a portion, or sometimes all of your session. Synergistic reflexology is when a reflex point on your hand and your foot are stimulated simultaneously, causing your body to react quicker. Currently Sandra is 1 of approximately 75 trained practitioners for Vertical and Synergistic Reflexology in Canada.

\$15. -15 min
(great add to facial or
pedicure)
\$30. -30 min
\$45. -60 min

**insurance
receipts available*

**Yeo...Sandra help
me relax!!
519-624-9746**

Thermal Body Therapy

Dermalogica introduces Thermal Body Therapy—new products and new treatments designed to revolutionize the way you think about body treatments! Combining the powers of touch and heat with amazing, professional products. Thermal Body Therapy will deliver results-oriented body therapy treatments that improve the health of the skin and, of course, feel insanely great!

- \$135. Deep Thermal Therapy with Thermal Stamp (allow 90 min)
- \$70. Power Recovery Therapy (allow 45 min)
- \$70. Nourishing Sea Mud Therapy (allow 45 min)
- \$65. Body Foliation Therapy (allow 45 min)
- \$45. Mud Therapy (allow 30 min)
- \$45. Mineral Salt Scrub Therapy (allow 45 min)



Indian Head Massage

History: Indian Head Massage is an ancient healing modality used as Ayurvedic medicine originating in India 4000 years ago. It was practiced by Indian Women as a method to heal their family. The tradition and techniques have been passed down through the generations. The practice was introduced into barber shops in India so men could reap the healing benefits.

Indian Head Massage will encourage the body's own natural healing abilities by promoting...stress relief, general relaxation, head tension, migraines, sinusitis, stiff neck and shoulders, anxiety, eye strain (by massaging at the occiput ridge) healthy hair (more shine) balance to mind/body and spirit.

When not to do Indian Head Massage
Anyone with Anemose—dilation of blood vessels in the temple/forehead
Under the influence of drugs or alcohol
Suffering from influenza, or feeling dizzy
Suffering from food or poisoning or is vomiting
Recent operation or accident, head injury. Whiplash
Acute disease or infectious disease
Undergoing medical treatment for cancer—radiation or chemotherapy
Severe inflammation—from hair processing, shampoo allergy
Contagious skin disease or infection
Suffering from a fever
Eczema or psoriasis

\$43.-30 min session

**insurance receipts not available*

**Relaxing Techniques by Sandra
Reflexology—Thermal Body Therapy—Hot Stone—Indian Head Massage
www.foreveryoungspa.com**