

## **HARMONYUM**

New, medically tested, metaphysical healing system for our time. This transcendental healing system is unlimited in its health benefits, allowing us to receive help and guidance from the spiritual realm of light. Harmonyum brings calmness, relaxation, increased concentration, and heightened vitality, causing the etheric energy to flow more freely in your body. It is performed over clothing on or over the client's body using subtle movements. Strengthen your energy and wash away any negativity within you with this profound and powerful healing modality.

## **PRICE LIST**

### **Single Therapist Massage**

|                   |          |
|-------------------|----------|
| 30 Minute Massage | \$50.00  |
| 60 Minute Massage | \$100.00 |
| 90 Minute Massage | \$135.00 |

**Aromatherapy**                    \$20.00

### **Tandem Massage (2 Therapists)**

|                   |          |
|-------------------|----------|
| 30 Minute Massage | \$90.00  |
| 60 Minute Massage | \$180.00 |

### **Couples Massage (2 Therapists)**

|                   |          |
|-------------------|----------|
| 60 Minute Massage | \$180.00 |
|-------------------|----------|

### **Harmonyum**

30 minute treatment            \$150.00  
(7 Sessions required for a complete treatment)

\*PRIVATE MASSAGES ALSO AVAILABLE AT A DIFFERENT RATE – ASK TO SCHEDULE A PRIVATE MASSAGE IN THE PRIVACY OF YOUR OWN HOME\*

\*\*\*GIFT CERTIFICATES AVAILABLE\*\*\*

*"We believe that health is a balance of positive thought, exercise, nutrition, massage, meditation, love, and laughter. Be well, and just be you!"*

*With love, peace, and light,  
Lemia and Joshua*

# **MASSAGE AND BODYWORK**

# **THE ART OF FITNESS**

**1080 S. Coast Hwy.  
Laguna Beach, CA  
(949) 464-0202**

## **LOCATION**

1080 S. Coast Hwy.  
Laguna Beach, CA  
(949) 464-0202  
Upstairs from The Art of Fitness,  
at The Art of Zen

*Lemia Astarabadi, H.H.P, C.M.T*

*Joshua Bowser, H.H.P, C.M.T*

## **MASSAGE MENU**

**Your massage therapists will provide a therapeutic session with a combination of the following modalities (excluding Pregnancy Massage, Fire Cupping, Tandem and Harmonyum).**

**SPORTS MASSAGE** is a more invigorating circulatory massage incorporating friction and cross-fiber techniques that help stimulate blood flow. Because it helps to clean out old adhesions and scar tissue, this type of bodywork helps promote better performance and faster healing of the muscle tissue. This treatment can be done on all or part of the body with oil.

**DEEP TISSUE MASSAGE** is slow, deep work that changes the fascial tissue that causes large knots or built up tension in muscles. This work is very slow and very sedative and does not require the use of oil. Clients may request deep tissue work on certain areas of the body that hold tension. Deep tissue can be integrated with other massage modalities on request.

**CHAIR MASSAGE** offers quick stimulation and relief to inactive and overworked muscles alike for \$1.00/minute. Stop by and receive one before your workout to warm up your muscles, or after your workout to help cool down your body and release lactic acid that builds up during workouts.

**REFLEXOLOGY** is a deep foot massage that helps to relax the entire body. The foot is seen as a mini-map of the body, connecting reflex points for organs, glands, and all other parts. It promotes relaxation, reduces stress, improves circulation, detoxifies and revitalizes the body, improves mental function, stimulates emotional release, and relieves pain. This treatment is done on the feet only and some oil or lotion may be applied

**HAWAIIAN LOMI LOMI MASSAGE** has a profound effect on muscle tissue by relaxing spasms, relieving tension, and increasing blood supply which brings more nutrients to muscles. It also stimulates sensory nerves that help to relieve headaches, heightens metabolism, and acts as a cleanser to eliminate excess water and toxins from the body. This is a full body treatment performed with oil.

**THAI YOGA MASSAGE** focuses on energy meridians, or channels, in the body and opening the channels for energy to flow freely. It is usually done with the client wearing loose fitting clothing while lying on a soft mat on the floor, helping to connect with the Earth. No oils or lotions are used during this session.

**LYMPH DRAINAGE** is a very slow and gentle technique that promotes the movement of lymphatic fluids in the body. The lymphatic system is the waste disposal system of our body that works with the vascular system. Lymph drainage can help to speed up slow metabolism, flush toxins and lactic acid from the body, and keep the skin elastic and healthy. It is performed with oil, using very slow and subtle movements.

**REIKI** promotes free flowing energy to the various meridians in the body. It is excellent in helping any physical, mental, or emotional issue that you are open to working through. Reiki is performed with the client wearing loose fitting clothing and requires little to no physical contact. This technique is very subtle and promotes deep relaxation.

**T'UI NA** is used to treat soft tissue damage, joint and tendon diseases, and internal disorders. It is often used for the treatment of injuries. This treatment is very gentle, but extremely sedative, and is performed over clothing and without the use of oils or lotions.

**SWEDISH MASSAGE** is a circulatory massage, helping to improve circulation, increase lymph flow, and move lactic acid and toxins from the tissue. It also helps to stimulate digestion, and influences the entire body and mind through touch. Deep tissue work and/or shiatsu acupressure points may be applied during a Swedish massage on request. This treatment can be done on all or part of the body with oil.

**PREGNANCY MASSAGE** is beneficial for women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimesters. Please consult your doctor before making an appointment. There is no one more important than you at this time. Treat your vessel like a temple and give yourself a relaxing massage that can help relieve tight, sore muscles, and release tension in your tight muscles.

**COUPLES MASSAGE** is for you and your loved one. There are two ways to receive couples massage: a massage therapist can provide the massage to one person at a time, or two massage therapists can work at the same time in the same room, on your own personal massage table or mat (depending on the style of massage you choose). Come and enjoy a blissful massage while connecting with the one you love in health and mind/body awareness together.

**TANDEM MASSAGE** is an extremely relaxing experience. With two massage therapists working on you at the same time, the benefits of tandem massage are doubled. The energy of two massage therapists allows your mind to let go and deep relaxation promotes the deepest healing effects to occur.

**ABDOMINAL MASSAGE** is a very soothing and gentle massage. It can help in improving digestion and metabolism, and in eliminating constipation and monthly female cramps. It is included in all 90-minute massages unless it is requested not to be.

**FIRE CUPPING** is a traditional form of healing therapy that aids in eliminating stagnation and improving blood flow. It stimulates circulation by bringing blood and toxins to the surface. Fire cupping works like a deep tissue massage on your tissues, stretching fascial tissue and helping to relieve deep knots due to overworked muscles.