



Tranquil Escape

Take time to renew and rejuvenate!

Lana Blain,

Massage Services, Reflexologist

NHPC Certified (Natural Health Practitioners of Canada)

1-755 13th Street

Invermere, BC

Massage

Escape into tranquility and soothe sore muscles with a massage tailored to your needs.

½ hr \$45, 1 hr \$80

1½ hr \$105

With essential oils, add \$5

Reflexology

Stimulation and massage to all areas of your feet. A thorough reflexology session can put your body into deep rest and alpha brain wave state where healing and rejuvenation occur.

1 hr \$75

Tui-La Acupressure Massage

A combination of massage and acupuncture point holding that restores and balances your six major Yang meridians. Ch'I is our life force and flows through invisible pathways (meridians) in the body.

1 hr \$75

Combo Specials

Reflexology & Massage

2 hrs \$140

Reflexology, Massage & Aromatherapy

3 hrs \$190

Aromatherapy



Therapeutic grade essential oils are applied to the spine, back, ears and feet in a soothing, massage like manner. It is restorative and healing to stress, and helps to balance the autonomic nervous system.

45 min \$55

When added to a Reflexology & or Massage. \$45



Studio is located in Azure Massage, behind and below the Red Apple store.

Call to Book Appointments

250-688-0127

Gift Certificates Available
Cash or Cheques only
Sorry, No Credit Cards

I promote health and wellbeing of body, mind and spirit.

Lana