

This is your time to relax

Follow these simple steps to make your massage even better.

- Turn off your phone.
- Remove all jewelry and tie back your hair if needed.
- Let your therapist know where you may be having any pain or discomfort. Take deep breaths when receiving work. Allow yourself to go into a tranquil state. We are here to provide the best massage possible. Offer us your feedback so that we may adjust the massage to perfection.
- After the treatment be sure to drink plenty of water to flush toxins from your body. If you feel sore from the massage you may also take an Epsom salt bath.

Licensed & Certified

Call to schedule an Appointment !

Melissa ~ (714) 920-2535

www.TouchBliss.net

&

Rachel ~ (619) 301-9384

www.StarHealingTouch.com



2465 Heritage Park Row,
Old Town S.D. 92110

Located upstairs in the Tea House

Gift Certificates Available

The H.E.A.R.T. Center

(Healing Efforts Activate Resonating Truth)

Holistic Massage & Bodywork

*"Only from the Heart,
can you touch the Sky."
Rumi*



San Diego, CA



*Our bodies are our
gardens and our wills
are our gardeners.
-William Shakespeare*



Massage is Beneficial for the Mind, Body & Soul

- Promotes Deep Relaxation & Improves Sense of Well Being
- Helps Strengthen Immunity
- Relieves Muscle Tension & Stiffness
- Increases Mobility & Range of Motion
- Releases Toxins & Cleanses the System

Massages Offered:

Relax, you are in great hands!

Walk into a serene ambiance of lit candles and relaxing music. Melt into our comfortable massage tables with our nurturing touch.

Swedish

A collection of techniques using long flowing strokes designed to relax the muscles and mind.

Specialty

Our certified therapists will design the ideal combination of Swedish, Sports and Deep Tissue techniques to achieve maximum benefit based on your individual needs and preferences.

Deep Tissue

Massage applied to the deeper, core layers of the body often using the elbow as well as the usual thumb, finger and fist pressure. Greater awareness is often needed to go into the deeper tissues. Deep tissue work helps with chronic pain and injury rehabilitation.

Couple

Share the love! Treat that someone special to a massage with two therapists doing massages side-by side, at the same time, in a Victorian tea house overlooking beautiful Heritage Park. Or relax, we can come to your home.

We also offer :

Corporate Chair Massage

Enhance Performance & Well-Being.

- Relieve Stress during High Tension Periods
- Promote a Renewed Sense of Energy, Well-Being and Vitality

{ 1st Time, Student, Military & 215 Discount }

Prices :

Massage Suite :	60 Min	90 Min
Regular	\$ 75	\$ 105
Couples	\$ 150	\$ 210
Hot Stone	\$ 95	\$ 125
Aromatherapy	+ \$ 10	

Outcall :

Regular	\$90	\$120
Couples	\$180	\$240

Corporate Chair Massage :

\$70 / Hr - 2 Hr Minimum

*Great for Birthdays, Anniversaries,
Date Nights, Bridal / Baby Showers,
& Corporate Events.*

