

Therapies Offered

2 Hour Initial Consult

1 ½ Hour Session

1 Hour Session

Chair Massage

Therapies Can Include:

Herbal Rub Therapy

Lymphatic Drain

Facial Massage

Reflexology

Sacral Release

Abdominal Massage

Glute Work

Stretching

Therapies are not limited to the list above.

Details for creating a therapy plan can be discussed further during initial consult.

Chair massages can be scheduled for events.

Please call or visit website for more details.

(614) 915-5855

www.essenceofearth.massagetherapy.com

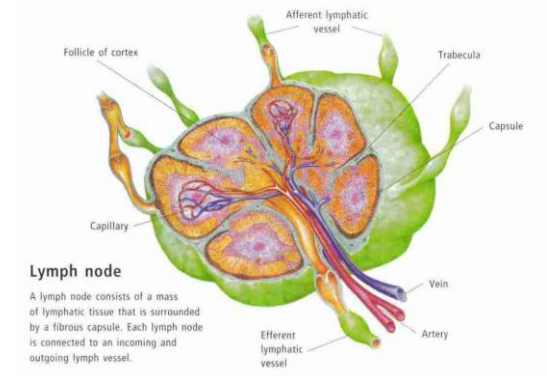


How I got started

Essence of Earth was founded in 2016 as a home based business built on my love of essential oils and making jewelry. As the vision grew so did my drive for more knowledge. I

soon found myself enrolling in the Therapeutic Bodywork Program at the NITE Institute. This program greatly expanded my knowledge of the human body and the many benefits of massage. From the moment I started I knew that this skill would be of great benefit to others as well as my growing business.

What is a Lymphatic Drain

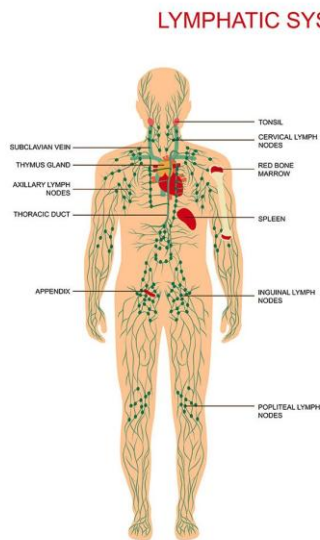


Essence of Earth LLC



What does the Lymphatic system do?

The Lymphatic system does not have its own pump. The strokes involved in the lymphatic drain help simulate a pumping action to assist in moving lymph fluid to the drain points. The lymph system picks up fluids and waste products from the spaces between the cells. This includes: cell wastes, proteins, excess fluid, viruses and bacteria.



What to expect

This is a less relaxing massage. The motions are vigorous and stimulating. The dump points must be stimulated to increase drainage.



Parts of the Lymphatic protocol can be incorporated into a regular massage



Benefits of Lymphatic Drain

For the full lymphatic protocol the whole body will be worked; front and back.

- ~Can be used to combat cellulite
- ~Effective in reducing swelling and edematous feet
- ~Effective in helping with pregnancy and PMS syndrome
- ~Can help with reducing scarring during healing
- ~Can improve complexion
- ~And many other benefits