

WHAT IS MASSAGE

Massage is a time-honored practice that promotes relaxation, relieves muscle tension, and enhances overall well-being. Whether you're seeking relief from stress, recovering from an injury, or simply looking to pamper yourself, massage offers a multitude of benefits for both the body and mind.

- Stress relief
- Muscle relaxation
- Pain reduction
- Improved circulation
- Enhanced immunity
- Better sleep
- Mental well-being
- Injury recovery

WHAT IS REIKI

Reiki is an ancient Japanese healing technique used for stress reduction and relaxation, that promotes energetic healing on all levels. This divine technique is based on the idea that energy, “life force” flows through us and gives us life.

When our life force is low, it creates anxiety, stress, illnesses, and poor sleep conditions. Reiki proves to be a natural, safe, and simple method of energetic healing and self- improvement that can benefit anyone.

SERVICES

Guided Meditation	\$22
Detailed astrological report	\$28
30min General Consult (Astrology)	\$55
60min Reiki only	\$77
60min relaxation or deep tissue	\$88
90min relaxation or deep tissue	\$144
60min Massage + Reiki	\$122
90min massage +Reiki	\$188

ABOUT US

Synergy Healing Arts, owned and operated by licensed massage therapist, astrologer, and energy healer Tracie Ann, offers a variety of services aimed at healing the mind, body, and soul.

Tracie Ann is dedicated to creating a sacred space for holistic practices, supporting individuals on their journey to balance and restoration.

CONTACT US

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SYNERGY HEALING ARTS CENTER

