

Anti-Aging Face Rejuvenation

Use of powerful effects of the Lymphatic Decongestive Therapy and Kansa Face Wand and massage to tone, reduce puffiness, improve texture, reduce fine lines and wrinkles, promote elasticity.

~ 60 minutes = \$70.00 ~

Light Therapy for Sinus Problems

Open breathing passages

~ 30 minutes = \$35.00 ~

Tired of guessing about nutritional supplements?

ZYTO Compass - Your Guide to Health

The ZYTO Compass system prioritizes your body's preferences for specific nutritional supplements. This information helps you make better decisions about which supplements to purchase and use. One size does not fit all and your individual needs change from time to time. Invest in supplements that will do you the most good.

~ \$65.00 ~

MPS (Microcurrent Point Stimulation) Therapy

This therapy is used for pain relief, breaking up scar tissues that block energy and lymph flow. The use of DC current, which is a healing current, increase ATP (adenosine triphosphate). By concentrating the direct current into a point, the stimulation evokes a slight "needle like" pinch, mimicking the therapeutic effects of traditional acupuncture and providing additional therapeutic benefits. Together, the cellular changing benefits of microcurrent applied to key acupuncture pain points can produce powerful functional changes in a suffering clients body. All scars must be release first to allow energy flow through the body.

~60 minutes = \$65.00~

Natural Health Corner

Thank you for the opportunity to service your therapeutic and nutritional needs. Audrey Hawk, B.S. from International Institute of Original Medicine I am always researching for ways to help my clients to gain back their health. I also carry a line of supplements and herbs to aid you with your health needs. Laminine is one you can order from the comfort of your own home.

Perfect Health Uncovered

What is Laminine?

Laminine helps regenerate aging cells while completely nourishing unhealthy cells, supporting restoration to their original state. Your body has its own repair mechanism, the physical ability to regenerate damaged cells. This repair mechanism is alive and well when we are younger, but falters as we age. Laminine unleashes this powerful repair mechanism inside all of us. It will not only keep your entire family healthy, but help them become physically, mentally and emotionally stronger. Heal the brain and you heal the body.

Go to: www.mylifepharm.com/selahspa



Selah Integrated Wellness



1190 Fish and Game Road

Littlestown, PA 17340

717-646-9777

www.selahspa.net

By appointment only

ADA Compliant

DISCLAIMER

I do not Diagnose, Prescribe or Treat anyone. My goal is confined to the education and guidance of health and well being of my clients.

Therapeutic Massage

Client centered massages designed to suit the needs of each individual.
~ 30 minutes = \$45.00 ~ ~ 60 minutes = \$60.00 ~ ~ 90 minutes = \$95.00 ~

Deep Tissue

~ 60 minutes = \$70.00 ~

Fibromyalgia (FM) Massage

Designed to release connective tissue around the 18 tender points. Individuals with FM should seek a therapist with training in FM massage or a therapist that has the same condition.

~ 60 minutes = \$60.00 ~

Orthopedic Massage

Release shortened muscle groups and strengthen weak over stretched opposing muscles. Functional assessments, myofascial release, trigger point work, multidirectional friction.

~ 60 minutes = \$70.00 ~

Pregnancy Massage

Eases muscle tension and fatigue related to pregnancy. Consult a physician before making an appointment.

~ 30 minutes = \$45.00 ~ ~ 60 minutes = \$60.00 ~

Arthritis Mudpacks

Soothe arthritis pain in joints from inflammation or surgical pins. Moor and Dead Sea Mud reduce water retention and reduce joint inflammation. Mud is also helpful for eczema, acne and psoriasis.

~ 30 minutes = \$55.00 ~

Hot Stone Massage

Use of heated and cool basalt stones to soften tired sore muscles in combination with essential oils. Aids in circulation and self-healing.

~ 60 minutes = \$70.00 ~

Reflexology

30 minute foot massage working reflex points. Produces the ultimate feeling in relaxation and body balancing.

~ 30 minutes = \$45.00 ~

Raindrop Treatment

Specific essential oils are massaged into the back and feet with focus along the spinal column to aid in boosting the immune system.

~ 45 minutes = \$70.00 ~

Ear Candling

Functions as a gentle vacuum to remove excess wax and helps draw fluids out of the ear. Relieves pressure in sinuses, ears and improves balance.

~ 45 minutes = \$45.00 ~ (2 candles per ear)

Far Infrared Sauna

The body develops fever when ill to enhance metabolism and help kill germs. Hyperthermia, for fever therapy, helps combat infections and even cancer. Heating of the tissue also enhances metabolic processes. Greater cellular energy production facilitates healing. Because viruses, tumors and toxin-laden cells are weaker than normal cells, they tolerate heat very poorly. Raising the body temperature causes infections to heal more rapidly.

Using the Far Infrared Sauna:

- *enhances circulation and oxygenates body tissue;**
- *Opens nasal passages and assists sinuses to drain;**
- *Restores skin elimination of toxic chemicals and heavy metals.**

Saunas deeply cleanse and tone the skin, improving the complexion and elasticity. The deep internal warmth of far infrared heating induces muscle relaxation, reduces stress and promotes better sleep, all leading to an overall feeling of well-being.

~ 30 minutes = \$45.00 ~ ~\$1.00 per each additional minute ~

Lymphatic Decongestive Therapy (LDT)

Your lymphatic system is a vital circulatory system with an extensive network of vessels throughout the body. This system is your primary defense against bacteria, viruses and fungus. Blockages can occur from normal life stressors such as: illness, tight fitting clothing, lack of exercise, bumps and bruises, exposure to heavy metals, pesticides, herbicides, food allergies, surgery and of course STRESS. An impaired lymphatic system often results in: colds, flu, sinus problems, edema, water retention, heart disease, fibrocystic and tender breasts, cellulite, enlarged prostate, cancer and numerous other chronic or life threatening conditions.

Benefits of LDT

~Excellent adjunct to manual lymph drainage techniques to open lymph system and improve fluid flow and accelerate detoxification of tissues

~Reduction on pain due to lymphatic conditions

~Prevention of breast and prostate problems

~Pre and post athletic application to increase performance and decrease muscle and tendon strain

~Provides relaxation, emotional balance, feelings of well being and increased energy

~Cosmetic enhancement by reduction of fluid deposits in the face and healthier skin. It

also supports all cellulite reduction therapies and post-procedures such as micro-dermabrasion. This technology uses energy from electrically ionizing noble (rare) gases in a Pyrex tube. Even more beneficial is to add the Far Infrared Sauna after Lymphatic work is completed.

Who can not receive this treatment:

~Any person with a pacemaker

~Pregnant women

~Person with history of epileptic seizures

~Persons with known thrombosis, therapy may dislodge a blood clot.

Lymphatic Decongestive Therapy

~ 60 minutes = \$65.00 ~