

ABOUT THE PRACTITIONER

Suzanne Albert, LMT, CHTP, BA, RYT

Licensed Massage Therapist with specialized training in Oncology Massage, Ayurveda Massage and Healing Touch/Energy work. She is a practitioner and teacher of Hatha Yoga for over 20 yrs.

Massage Therapy, yoga and photography as her life's passion. A graduate of Oakland Community College Massage Therapy program with specialized training in Oncology Massage. A Certified Healing Touch Practitioner with Healing Beyond Borders. Healing Touch is a form of energy work that can be helpful at many levels-spiritual, emotional and physical. Healing Touch helps balance ones energy. Also, helpful in reliving pain and discomfort.



OAKLAND

Clarkston

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**MASSAGE THERAPY
SERVICES**



OAKLAND

DOING WHAT'S BEST.



HEARTFELT YOGA & MASSAGE

■ RELAXATION/THERAPEUTIC MASSAGE

Enjoy a wonderful massage to release muscle tension and increase circulation. Includes essential oil.
60 min. \$65, 75 min. \$70, 90 min. \$85

■ INTEGRATIVE MASSAGE

Enjoy a relaxing massage along with the benefits of Healing Touch. This session will help to relieve sore and stressed muscles and bring balance at an energetic level. A wonderful way to restore and balance.
90 minutes \$90

■ YOGA SESSION

60 min. \$65, 75 min. \$70, 90 min. \$85

■ HEALING TOUCH

Healing Touch is nurturing, relaxing, heart centered energy therapy that uses gentle touch assisting in balancing physical, emotional, mental and spiritual well being. During a session the client remains fully clothed. The practitioner's hands are held above the body or gently touching. This is a wonderful way to restore energy and create a sense of well being. Safe for all ages.

60 min. \$65, 75 min. \$70, 90 min. \$85

■ ONCOLOGY MASSAGE

An approach to massage therapy based in compassion and specialized massage techniques. The pressure is lighter and consideration is given to patient's treatment plan. Helpful with neuropathy, scar tissue and R.O.M.

60 min. \$60, 75 min. \$70

■ PREGNANCY MASSAGE

Nurturing massage for moms to be!

60 min. \$60, 75 min. \$70