

Be relaxed, be balanced, be at one.



**319-C Main St
Office Suite 109
Historic Downtown
Smithfield**

**Terri D. Smith
Nationally Certified
State Licensed Massage & Body Waxing**

Phone: 757-279-1150

**Hours: Tues thru Saturday 9-5pm
By Appointment Only**

**Be relaxed, be balanced,
be at one...**

**@1 Alternative Therapies offers
classic honey body waxing and
an array of massage &
bodywork ranging from spa
classics to ancient eastern
modalities.**

**The menu of services can be
enjoyed best:**

- *after you practice daily hygiene**
- *arrive 15 minutes early**
- *with a less than full stomach**
- *wear casual non-confining
clothing**

**@1's spa quality services are
always at an affordable price.**



As a courtesy...

**If you need to cancel please
be sure to 24hrs in advance
of scheduled appointment
time. Late arrival results in
reduction of treatment time.**

*My adventures in Naturopathic healing
began in 1997 as a 5 yr. apprentice to a
Master Herbalist. Upon it's completion
I became certified as a Integrated
Healthcare Practitioner, Naturopathic
Massage Therapist and Herbal
Consultant. As a Massage Therapist, I
have been specializing in Ashiatsu/
Shiatsu and most Eastern Modalities,
since 2002. My career in holistic healing
has lead me from coast-to-coast and
beyond its borders. I am committed to
sharing my awareness of the healing
powers of nature and feel gifted to
educate the public on "green" healthcare
options.*

*In a growing world of healthcare need
and as a part of your families
"healthcare reform" please take
advantage of this unique menu of
complimentary and alternative therapies.*



My massage suite or yours...

**I am pleased to offer
"Mobile Massage Services"
*On Site Massage***

**Offering Single/Couple Massages,
Chair Massages, Indoor/Outdoor,
Corporate, Special Events, Bridal,
Birthday & Spa Parties**

**Also, Special Discounts for
in-home healthcare residents and local
hotel and Bed & Breakfast patrons.**

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- Comfort Key**
 Therapist uses light to deep hand pressure.
- Therapist uses finger, knuckle, elbow & knee pressure
- Natural honey or salts and botanical herbs.
- Clothing Optional
- Therapist uses full weight foot pressure
- Thermo generative treatment uses heating elements
- Aromatherapy, essential oils & or liniments optional
- Cryotherapy cold cream/gels optional.

Ancient Eastern Specialties

- Reflexology— 45min-\$45
 Applied pressure to areas on hands and feet to release blockages in corresponding organs.
- Ashiatsu— 60min-\$75/90 min-\$95
 "Deepest most luxurious massage on the planet"; slow compressive tissue work.
- Table Thai Yoga— 60min-\$75/90 min-\$95
 "Lazyman's Yoga"- assisted stretches, compressions coupled with acupressure.
- Shiatsu— 60min-\$75/90 min-\$95
 A finger pressure (acupressure) massage on the same points used in acupuncture, general tonifying treatment.

We also offer Gift Certificates for that Special Occasion!

Body Therapies & Spa Treatment Prices

- 30 min.-\$35
- 60 min.-\$55
- 90 min.-\$75

Traditional Therapies

- Swedish— soft tissue manipulations w/ gentle pressure and flow; very basic.
- Deep Tissue— muscle tissue manipulations with medium to deeper pressure and stretches; more therapeutic and specific.
- Sports Massage— Pre/Post-event reduction of muscle soreness and recovery time, treat injuries and enhance performance.

Contemporary Spa Treatments

- Hot Stone Massage— Swedish or Deep Tissue, pressure massage, using warm smooth oiled lava rocks.
- Fire Cupping— Class cups are fired create a deep tissue suction to muscles to detox tissue and promote circulation.
- Thai Bolas— Linen balls filled with herbs and salts are steamed then pressed against "sen" lines to balance and relax the body.

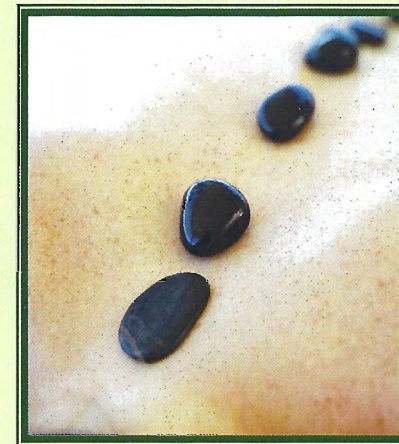
Adaptive Traditional

- Pre/Post Natal Massage— 45 min-\$45 modified pressure, speed and positioning for the expecting and new mother.
- Manual Lymph Drainage— 60min\$75/90min\$95 Massage releases excess water, edema and swelling, very gentle pressure to stimulate lymph flow.
- Integrated Manual Therapy—60min\$75/90min\$95 A customized blend of 3 modalities to address generalized and specific imbalances.

*Always BUY 3 Get 1 FREE!
 10% off Seniors and Referrals

Classic Honey Body Waxing

- The Face**
- Chin..... \$5
 - Lip..... \$10
 - Basic Brow Clean-up... \$10
 - Brow Arch Shaping..... \$15
 - Cheeks..... \$15
 - Sideburns..... \$20
 - Full Face..... \$25
- The Body**
- Underarms..... \$20
 - Arms..... \$40
 - Stomach..... \$25 +up
 - 1/2 Leg..... \$25
 - Full Leg..... \$50
 - Back..... \$50 +up
- The Bikini Line**
- Basic..... \$25
 - French..... \$35
 - Brazilian..... \$45
 - Sphinx..... \$60



*Ask about Brow Threading
An Alternative to Waxing!