

*Jessica Pink Post*

**MASSAGE + YOGA + BODYWORK + SELFCARE**

## **EVERYBODY SIGNATURE**

an intuitive blend of relaxation and deep  
tissue techniques customized to the  
needs of your muscles + mind

\*includes 2 hot towels + aromatherapy

## **THAI YOGA**

an ancient treatment of both yoga +  
massage techniques helping to deepen  
your practice + clear the passage of  
energy throughout your body.

\*performed fully clothed on a mat

## **EVERYBODY CONTOURING**

a clinically proven massage program  
designed to diminish the appearance of  
cellulite + reshape body imbalances  
through deep tissue, myofascial +  
lymphatic drainage techniques

\*requires consult + a commitment of 3-18  
treatments over 1-6 weeks

## **ACUSSAGE**

a mindful combination of acupressure,  
reflexology + massage techniques to  
relax + relieve the mind + body

\*includes 2 hot towels + aromatherapy

## **MYOSKELETAL ALIGNMENT**

a powerful + effective treatment using  
stretching + compression techniques to  
relieve tension+ pain while realigning  
and balancing both mind + body

## **FACE LIFT**

highly specialized techniques for the  
head, face + neck help to relax + sculpt  
the muscles of the face producing a more  
radiant glow + providing relief from  
neck pain, headache + migraine.

\*includes a cold stone facial massage

## **ADD ONS**

DRY BRUSHING  
HOT/COLD TOWELS  
HOT/COLD STONES  
HAND/FOOT KERATIN TREATMENT  
FRUIT ENZYME SHEET MASK  
AROMATHERAPY  
EARSEEDING

*Selfcare for Every Body*

**239-221-3116**

FACE YOGA + MASSAGE WORKSHOPS + SELFCARE ROUTINES

EVERYBODYSTUDIO.COM

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