

### **Chair Massage**

~ 15 minutes = \$15.00 ~

### **Foot or Hand Massage**

~ 20 Minutes = \$20.00 ~

### **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 = \$40.00 ~  
(2 candles per ear)

### **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 = \$60.00 ~

### **Body Wraps**

Enhances your skin through exfoliation, detoxification and hydration. May also help reduce inflammation in muscle tissue.

A variety of wraps available.  
~ 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 = \$35.00 ~

### **Reflexology**

30 minute foot massage with 30 minutes on the ERE foot massager; produces the ultimate feeling in relaxation and body balancing.

~ 60 minutes = \$50.00 ~

*Thank you  
for choosing  
Selah Spa!*

*As a Therapist, I, Audrey Hawk, am dedicated to you. I offer a variety of therapeutic services to help build your body's immune system.*

*Selah Spa now offers  
Nutritional Counseling  
to help with your nutritional needs.  
In addition, I offer  
a program for weight loss based on  
Dr. Simeon's; A New Approach to  
Obesity.*

*Isn't it time to take  
care of you?*

*Selah Spa  
Your Pathway  
to Health*

*Audrey Hawk, B.S.  
Nutrition Researcher  
and Educator*

*1190 Fish and Game Road  
Littlestown, PA 17340*

*717-646-9777  
appointments@selahspa.net  
www.selahspa.net*

*By Appointment  
Only  
ADA Compliant*

### **Therapeutic Massage**

Client centered massages designed to suit the needs of each individual.

~ 30 minutes = \$35.00 ~

~ 60 minutes = \$50.00 ~

~ 90 minutes = \$75.00 ~

Deep Tissue

~ 60 minutes = \$60.00 ~

### **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 = \$50.00 ~

### **Orthopedic Massage**

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

~ 60 minutes = \$50.00 ~

### **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 = \$60.00 ~

### **Pregnancy Massage**

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

~ 30 minutes = \$35.00 ~

~ 60 minutes = \$50.00 ~