

Indulge yourself! You Deserve It!

Add a massage, stretch, facial or acupuncture treatment to your weekend fun!

Jody James

Mini Massage, Herbal Facials or Acupuncture

Chair massage 10 minutes: \$15 (limited hours Friday and Sunday)

25-minute massage or facial: \$45

55-minute acupuncture treatment or massage: \$80

Bio: Jody James, Licensed Acupuncturist, operates Asyrah's Garden Acupuncture Spa in Sonoma County, which received Honorable Mention in the Med Spa category of the Bohemian's "Best Of 2011" awards. She is an intuitive and compassionate practitioner who loves the integrity and healing power of Eastern holistic medicine. Jody's professional practice specializes in women's health, pain resolution, stress reduction, facial rejuvenation and quit smoking and includes herbal and energetic medicines.

Cairyl Gardner

Relaxing or Rejuvenating Full body Massage

Choose your pleasure:

Aromatherapy massage 25 minutes: \$45

50 minutes: \$80

80 minutes: \$115

NEW! Stretch Rx (Fascial Stretch Therapy): This is a loose-clothes-on sequence of assisted, dynamic neuro-kinetic stretches that engage muscles, joints, ligaments, tendons and bones body wide. Good for stubborn pain and limited range of motion issues. 50 minutes: \$100

BIO: Cairyl Gardner, Certified Massage Therapist, has been honing her craft since 2001, with training in many modalities including Swedish, Shiatsu, Neuromuscular Therapy, Advanced Therapeutic Training, Cranio-Sacral, Energetic and Aquatic (Watsu) massage. She loves what she does and has been told that it comes across in her touch. Cairyl works alongside Jody at Asyrah's Garden and is also an Allied Health Professional at Palm Drive Hospital in Sebastopol, CA.

Reserve your massage, stretch, organic facial or acupuncture appointment prior to Thursday, April 30th and choose your preferred time(s). Email Jody and Cairyl at gratonial@gmail.com.