

Rates:

Relaxation* Massage
using musical entrainment
& the vibro-acoustic sound table
**Relaxation only, DEEP PRESSURE is NOT MY FOCUS*
Approx 1 hour \$50

Ear Coning
\$25 per session
plus \$5 per cone

Reiki Jin Kei Do
"Reiki-In the Way of Wisdom and Compassion"
Table treatment/\$40
Chair treatment/\$20
Reiki focus work
included in massage by request

Soundbath with
Giant Sound Tubes
\$5 for 10 minutes

Sound snooze/Power Nap
-on the vibro-acoustic sound table
"a get-away for a small part of your day"
\$10 for twenty minutes

Sheryl Marie Savas
Nationally Certified & licensed
Massage Therapist #5539
Certified Reiki II practitioner
Certified in Ear Coning
facilitated soundworker

Experience a massage
on the vibro-acoustic
sound table!

*

enjoy the sound of
giant sound tubes!

Mondays, Thursdays,
Saturdays and Sundays
Call for appointment
Ph-575-937-0958

INNER
RHYTHMS
Massage and Soundwork
at

TWELFTH STREET MASSAGE

415A Twelfth Street
Carrizozo, NM 88301

Relaxation
Massage
with Entrainment
& the vibro-acoustic
sound table

please call for appointment
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Relaxation Massage

Entrainment & the Vibro-acoustic Sound Table

Entrainment massage uses gentle music with synchronized strokes-which directly affect the autonomic nervous system, slowing the body's many **Inner Rhythms** : brain waves, heart rate, respiration..this creates what is known as the "relaxation response" where homeostasis-the body's restorative state-is achieved, and the potential for healing is present.

The **vibro-acoustic sound table** actually allows one to "feel" the vibrations of the music directly-adding to the beneficial effects of entrainment. This deeply relaxing massage utilizes the power of sound to transform an ordinary session into an incredibly unique experience.

Relaxation Massage -1 hour/\$50

Ear Coning

Keeping ears free of earwax build-up is easily done with ear coning. This non-invasive home remedy uses heat and convection to draw excess wax and yeast from the ear canal. Many people report improved hearing, cleared sinuses, and less severe headaches after one or two sessions.

\$25 per session plus \$5 per cone

Giant Sound Tubes

Like giant wind chimes, these tubes are tuned to natural harmonics and produce unbelievably beautiful, soothing tones, to melt away stress.

\$5/10 Minutes

The "Sound Snooze"

The "**Sound Snooze**" is a "power nap"- a retreat from a stress-filled day. Using entrainment music w/binaural beats, with headphones on the vibro-acoustic sound table, one can easily slip away into a deep relaxed state. After 20-30 minutes, one awakens refreshed & restored; ready to meet the challenges of the day.

\$10/20 Minutes

Reiki Jin Kei Do

Reiki is a hands-on modality that focuses on the body's natural healing energy. The effects are a gentle warmth and feeling of peace and relaxation as the practitioner uses different hand placements on and around the body.

Table Treatment/\$40, Chair/\$15

Reiki focus work in massage by request

**clients are asked to refrain from drinking coffee or taking any kind of stimulant prior to their session in order to fully experience the effects of entrainment*

Sheryl Savas

LMT#5539

Bringing intuitiveness & compassion to her work, Sherry combines her gentle nature with intention to give a truly restorative massage. Her lifelong experience as a musician inspired her to integrate entrainment into her work, being drawn to the effects of music on consciousness and healing. She has attended many classes and lectures with world-renowned Sound Healers at all three International Sound Healing Conferences in Santa Fe, New Mexico in 06-07-08.

-graduated with highest honors from
The Salter School of Massage
in Fall River, MA.

-A member of the American Massage Therapy Association, Nationally Certified, and licensed in New Mexico.

-certified in second degree
Reiki Jin Kei Do in 2006
-certified in Ear Coning/2006

**questions about entrainment, binaural beats or other services? please email me at:
tuneintoRe@yahoo.com
or look for my info sheets inside**