

Multiple Session Packages

All services are offered at reduced rates when purchased in advance.

- 3 sessions/5% discount
- 5 sessions/10% discount
- 7 sessions/15% discount

Massage Gift Certificates

The gift of massage shows you truly care about the recipient's well-being. Gift certificates are available for any service or denomination. A massage gift certificate is perfect for any occasion or just to say "Thanks!"

Your Comfort

Your comfort is our first priority. Please make your therapist aware of any personal preferences—music, temperature, pressure—that can add to your relaxation. During all treatments, the body is fully draped except for the area being worked on.

Late Arrivals

Arriving late for your scheduled appointment may limit the time of your treatment. Please be on time so that the next client is not inconvenienced.

Cancellations

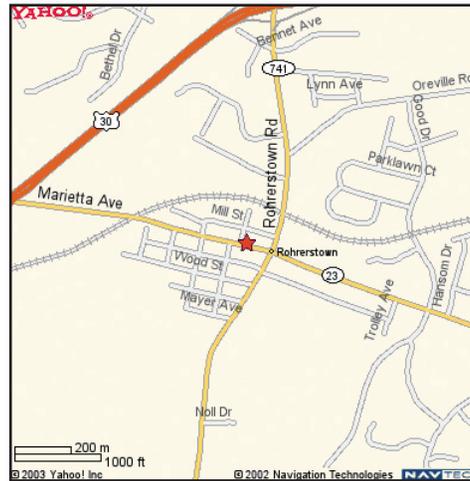
Your appointment time is reserved for you. However, we recognize that schedules can change. To cancel without charge requires an eight (8) hour minimum notice.

Services are Available for On-Site Seated Chair at Your Business or Fund raiser

Visa, MasterCard, Cash and Checks Accepted

Barbara Searles, CMT, NCTMB
Nationally Certified Massage Therapist

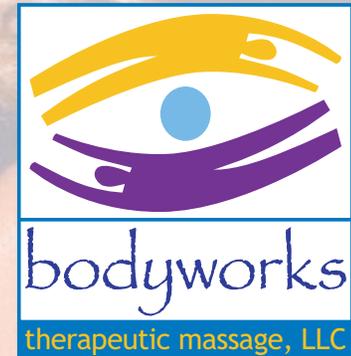
2219 Marietta Avenue, 1st floor
Lancaster, PA 17603
Phone 717.808.5511
www.bodyworks-lancaster.com



Located in the Moyer Building near the corner of Rohrerstown Road and Marietta Avenue. Close to Routes 30, 283, and 741.

Easy parking in the rear of the building.

Hours by Appointment



relieve stress

release tension

increase circulation

ease muscle soreness

revitalize energy



Barbara Searles, CMT, NCTMB
717.808.5511

Services

Massage and Bodywork

Professional, therapeutic massage is provided in a relaxed, comfortable atmosphere. Massage relieves stress and muscular tension while it improves body function through increased circulation.

Integrative Therapeutic Massage

Combines a variety of advanced techniques to create a massage that's suited to your specific needs. Experience can include Deep Tissue, Neuromuscular Therapy, John Barnes' Myofascial Release, and Sports Massage.

\$55 | 1 hour
\$75 | 90 minutes

Relaxation / Swedish Massage

Various techniques combine to unify body, mind and spirit. It's a chance to relax and rejuvenate.

\$50 | 1 hour
\$70 | 90 minutes



Intensive Programs Available

A 2-3 day intensive program designed to take your healing process to a new level includes a custom-designed combination of John Barnes' Myofascial Release, Therapeutic Massage, and Yamuna® Body Rolling. Ask me for details.

Hot Stone Therapy

Warm lava rocks, soothing oils, and Swedish techniques— aah! The warm stones soothe muscles and enhance relaxation.

\$60 | 1 hour
\$80 | 90 minutes



Pregnancy Massage

Gently soothes the unique joint and muscles concerns during pregnancy. A calming treat!

\$55 | 1 hour
\$75 | 90 minutes

Reiki

Reiki activates, directs, and applies the natural energy of the body promoting health, healing, balance, and wholeness for the body, mind, and spirit.

\$50 | 1 hour

Polarity Therapy

Polarity is a holistic system for balancing life energy. It can increase levels of energy, relieve fatigue, unwind stress, relax tension, increase body awareness, and provide an improved sense of well-being.

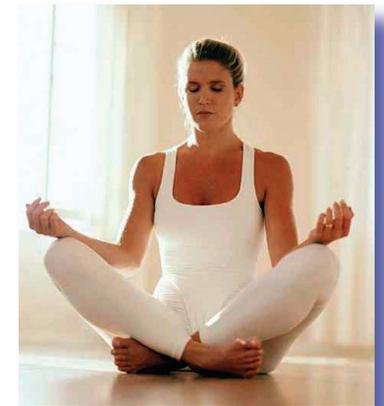
\$50 | 1 hour

Wellness Experiences

Ear Candling

Ear candling is a simple, effective method for removing ear wax build-up, fungus, and impaction from within the ear canal. Especially useful for sinus sufferers, the treatment is gentle and pain-free.

\$30 | 30 minutes
added onto any service, \$20



Paraffin Treatment

Warm paraffin wax treatment for hands or feet.

\$25 | 30 minutes
added onto any service, \$10

Healthy Hands

Paraffin hand treatment followed by a relaxing 30-minute arm and hand massage.

\$40 | 45 minutes

