



VIE

HOLISTIC HEALTH
BODYWORK & WELLNESS



VIE HOLISTIC WELLNESS
YOGA & MOVEMENT
BODYWORK & MASSAGE

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MENU OF OFFERINGS

Holistic Bodywork & Massage
Combines Shiatsu, Thai Massage & Accupressure
Mat or Table Massage Based Bodywork
Use of oils and balms
Single Sessions
Holistic Wellness & Treatment Plans

HOLISTIC BODYWORK BENEFITS

Posture improvement - Improved posture and alignment. This occurs due to the whole-body stretching techniques, which release tension in the muscles.

Freedom from tension - Releasing any built-up tension in the body. You'll feel yourself melting into the floor as all your cares dissipate into thin air for the session.

Relaxation - Unwind and release control. The calm, relaxing atmosphere will help you to drift off into a deep state of relaxation, letting go of all your worries and concerns.

Mind-body reset - Reconnecting with yourself on a deeper level, resetting your mind and emotions to experience your true essence, one of equanimity and peace.

Circulation- Reducing stress levels by releasing endorphins (the body's natural painkiller), moving blood throughout the body. You may experience more flexibility in muscles and joints due to increased blood flow



WHAT IS HOLISTIC BODYWORK & ASSISTED STRETCHING?

This unique holistic offering combines the wisdom of thai yoga massage with shiatsu technique that guide and take you through various postures & techniques. Our approach has its roots in chinese medicine element theory, ayurvedic lens and uses the meridians to work energy pathways. Every session is customized to align individual needs and requests. Treatments may contain one or more touch techniques and manual therapies such as fascial unwinding, connective-tissue re-patterning, and the release of muscular tightness. The effects and benefits of this bodywork impact the physical body, the nervous system as well as the subtler bodies. We treat to possibility and to the highest standard of holistic health and wellness.

BENEFITS:

Helps detoxify the body and boosts the immune system

Increases blood circulation and lowers blood pressure

Great for muscle relaxation, increases flexibility in muscles

Improves posture, balance, corrects body alignments and dissolves energy blocks

Helps tone the body, strengthens joints and fights diseases including chronic joint problems

Reduces and relieves stress and anxiety

Compliments all movement, exercise/training and yoga practices

Assists proper functioning of various systems of the body such as respiratory, cardiovascular and lymphatic systems

Supports proper rest, recovery and sleep patterns

Alleviates chronic pain and physical discomfort

It is an act of deep self care and self love that has holistic benefits and also allows for nature's wisdom to surface

IT FEELS GOOD & IT IS GOOD FOR YOU. YOU HAVE OUR WORD.