

CUPPING THERAPY

Cupping is an ancient form of alternative medicine in which glass cups are put on the skin for a few minutes to create suction. Beneficial for those who desire deep-tissue massage.

Full set of cups for massage - \$15
For target areas - \$5+



REFLEXOLOGY

Reflexology is gentle manipulation or pressing on certain parts of the foot and hand to produce an effect elsewhere in the body.

Sessions:

- Hands (30 min) - \$35
- Feet (30 min) - \$45
- Feet (60 min) - \$70
- Stones - \$5+



AROMATHERAPY

Essential oils by REVIVE are:

- ✓ 100% therapeutic grade
- ✓ No synthetics or fillers
- ✓ Grown indigenously
- ✓ GC/MS tested
- ✓ Not tested on animals

Topicals:

- Lavender Bliss - \$8
- Stress Re-Leaf Trio - \$7
- Citrus Orchard - \$6
- Tinman's Oilcan - \$11
- Fit For a Queen - \$12
- Rewrite the Scars - \$9
- Mint to Be - \$8
- Clean Slate - \$8
- Oil Blend of the Month - \$8

Most blends use carrier oils that may contain sesame, nuts, and tree nuts. Substitutes available.

Diffusers:

- Single Oil/Premade Blend - \$5+
- Bimonthly Blends (7 blends available every 2 months) - \$12



Heidi's Healing Hands

Heidi Gerdes, LMT

Studio 4 Salon & Spa
420 N Broad St
Griffith, IN 46319
(219) 381-0556



ABOUT ME

My name is Heidi Gerdes. I became a licensed massage therapist in 2021 and I have loved the line of work ever since. My goals as a healthcare professional are:

- to reduce pain, tension, and stiffness;
- to improve movement and flexibility;
- to give every client the relaxation and peace of mind they desire and deserve

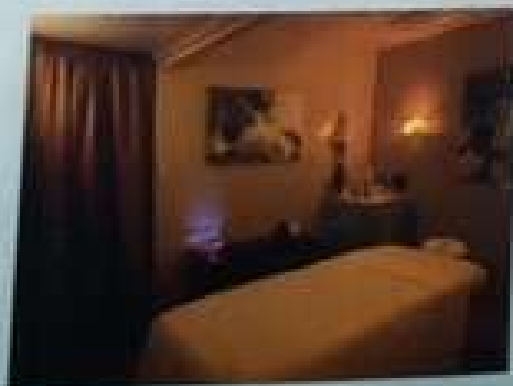


TABLE MASSAGES

Includes Swedish, deep tissue, trigger point therapy, and reflexology to match your health needs.

Sessions:

- 30-minute - \$45
- 60-minute - \$70
- 90-minute - \$100



CHAIR MASSAGES

Focuses on scalp, neck, shoulders, arms, hands, back, glutes, and quads. May be altered if necessary.

Sessions:

- 10-minute - \$15
- 20-minute - \$25
- 30-minute - \$35

Add-ons:

- Cup - \$3
- Hot stone(s) - \$7



HOT STONE MASSAGES

Hot stones are ideal for easing tense muscles, and damaged soft tissues. I proudly use Eto Stones (smooth stones for working and placement) and CoreStones (uniquely shaped tools made of soapstone, nature's best thermal conductor)

- Full body massages - \$25+
- Target area(s) - \$5+
- Cold Stones - \$5+
- Facial Stones - \$7



FOR MORE INFORMATION...

Scan here to get to my Facebook page for news, updates, and offers! Write a recommendation for \$5 off your next service!



Scan here to give an eGift card to anyone who deserves a massage!



*** Adults 60 and older receive \$10 off entire service.***

Text/call to book an appointment

(719) 381-0556

Located at Studio 4 Salon & Spa

430 N Broad Street

Griffith, IN 46319