Aromatherapy uses the pure distillates of plants to help bring about balance in the body.
The sense of smell bypasses the logical processes of the mind, communicating directly with the experi

Scents can bring us in direct contact with our authentic selves, with our memories, emotions and feelin

At YogAloft, we use shiatsu acupressure massage, lymphatic stimulation, Master Reiki, breath, and awa

If you would like to book a massage, or wish to know more about the types of massage available, please

Click Here. Book a bundle of 3 or 5 massages and save!! (see below)

One hour massage -	**$125**			
Bundle of	**3 massages**	(to be used within a 4 month period) -	**$360**	(save $
Bundle of	**5 massages**	(to be used within a 6 month period) -	**$575**	(save $