

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 experience of the body.

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

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

If you would like to book a massage, [click here](#), Book a bundle of 3 or 5 massages as a message (see available), please

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

