

INNER PEACE MASSAGE AND HEALING SERVICES

Emily is the only independent service provider in Grand County who specializes in therapeutic massage, advanced skincare, yoga instruction, and Watsu Aquatic Bodywork at Hot Sulphur Springs and Resort. Emily has been a full-time healer for 10 years now and boasts over 50+ 5-star reviews on Google. Her massage skills include integrative, deep tissue, and Thai yoga massage at the office. You can also see her at Hot Sulphur Springs and Resort for an underwater Watsu Aquatic Bodywork session. In addition, Emily also provides skincare services that include facials, waxing, and Dermaplane exfoliations. Her most popular services are the massage + facial combos.

Interested in regular self-care? Talk to Emily about purchasing a four pack and saving \$\$! Please visit www.innerpeacemassagewp.com for more details or to book online.



WINTER PARK WELLNESS CENTER

Come on down to the Winter Park Wellness Center on level one of Building C for a nice relaxing, and very therapeutic massage with Jill Suffin (or one of her colleagues.)

Or experience a gentle but powerful session of Energy Healing; chakra balancing, Reiki, and Polarity Therapy. At the same time, you can enjoy the puppy love and very calm relaxing energy of Buddy, Jill's Border Collie/Aussie rescue dog. Jill and Buddy would love to have the pleasure of working with you!

Please check out the website at www.jillsuffinmassage.com for more info and/or call 970-531-5144 to set up your appointment. Thanks so much!

