



Kin of Hope Natural Health  
(Located inside  
Perry's Place llc for herbs, teas, and more...)  
90 N Main St. Suite B  
Cedar Springs, MI 49319  
616-439-0890  
Monday to Saturday  
Prices current as of September 17<sup>th</sup>, 2021

## Massage

- Therapeutic Massage- Swedish Massage with a combination of acupressure, ROM, Rolfing, lymphatic stimulation, deep tissue, myofascial release, percussion, etc.  
\$65 hr. session or \$40 ½ hr. session  
\$105 for 1 & ½ hr. session
- Pregnancy and Infant Massage- Therapeutic Massage tailored to expecting mothers and infants.  
Pregnancy Massage- \$65 hr. session or \$40 ½ hr. session  
Infant/Child massage- \$15 for 10 min session
- Chair Massage- a quick 10-minute massage when you're in a hurry and don't have time to get in for a full appointment- \$15 for 10 min session
- Cranial/Scalp/Face Massage- Half hour relaxing massage focusing on the cranial bones, the face muscles/nerves, and the scalp.  
\$40 ½ hr. session

## Specialty Therapies

- Hot Stone - \$75 hr., \$50 ½ hr. or can be added to most any/other massage for additional \$10- Hot stones can be used in multiple ways. One version of Hot Stone Therapy is to place the hot stones on top of the sheet over the sacral region and up the spine to help loosen the muscles around the spinal regions. Hot stones can be included in a massage to help add heat to an area of deep tension nots losing them up in a less invasive way than deep tissue or trigger point. Added to a therapeutic massage or cupping session they will increase the effectiveness of the therapy session.
- Cupping \$75 hr. session, \$50 ½ hr. session or \$10 adding to any other massage/therapy  
Cupping is a therapy from Chinese medicine using cups with suction to loosen muscles, encourage blood flow, sedate the nervous system (aiding in high blood pressure), relieve back & neck pain, anxiety, fatigue, migraines, rheumatism, cellulite, weight loss, lymphatic drainage, and

more. Similar to acupuncture and acupressure this therapy follows the meridian of the body and works to rebalance your body's energy or chi, removing energy blockages, allowing your organs to once again feel the effects of free moving life force. It is said that 5 minutes of cupping is equal to 20-30 minutes of deep tissue massage when done properly.

For ideal results, a client will do 4-5 cupping sessions to see ideal results.

Cupping may be included in with Therapeutic Massage or Therapeutic Bodywork session.

- Moxibustion \$45 ½ hr. session or \$10 adding to any other massage/therapy

Moxibustion is therapy from Chinese medicine. This therapy uses the burning of moxi, usually mugwort or wormwood. This therapy helps warm the area of the body in which you are working with and remove blocked life force, toxins, and/or trauma. In Chinese it is said “when Acupuncture and cupping fail to correct the imbalance, moxibustion must be used in its place”.

For ideal results, a client will do 4-5 sessions.

Moxibustion can be included in a Therapeutic Massage or Therapeutic Bodywork session.

- Functional Normalization (Craniosacral-type body work) - \$65 a session. This therapy is designed to loosen and release the sacral region, vertebra, and cranial bones.
- Lymphatic Drain - \$65 a session. Bodywork therapy designed to help lymphatic fluids flow more efficiently and to increase proper lymphatic drainage.
- Face, Feet, and Hands Reflexology - \$65 an hr. session- Reflexology is a science that recognizes the 7200 nerve endings in each foot or hand that correlates with other regions/organs of the body. In the half hour

session, we work primarily with the hands and feet. In the hour version we also work on the reflexology of the face points

- Reflexology (feet or hands)- \$40 ½ hr. session. Reflexology is a science that recognizes the 7200 nerve endings in each foot or hand that correlates with other regions/organs of the body. In the half hour session, we work primarily with the hands and feet. In the hour version we also work on the reflexology of the face points
- Table Thai Massage-\$115 1 ½ hr. session is a shortened version of Thai Massage performed on a massage table instead of a mat.
- Mat Thai Massage/Bodywork- \$160 2 hr. session \$240 3 hr. session  
Thai Massage is an art or therapy performed by the people of Thailand as part of their indigenous health care. Some call it “Yoga Massage”. We (at Kin of Hope Natural Health and Perry’s Place llc for herbs, teas, and more...) refer to it as Thai Bodywork. Thai Massage is not performed the same as western style of massage. In my description Thai Bodywork is more like full body physical therapy, range of motion, and working the Sen Lines than it is your typical massage, and this therapy is performed on a mat, verses a table. It stretches (as well as loosens) stiff joints, increases range of motion, and relieves muscle tension. Thai Bodywork is ideal for those wanting to improve their range of motion, giving relief to the muscles and joints. Please wear comfortable clothing that doesn’t restrict movement. Yoga attire or shorts and T-shirt are ideal. Each session is tailored to our client’s needs.

A full session of Thai Bodywork is about 3 hours long. To get the most benefit out of this therapy it takes an hour and a half to free up the lower region of the body (lumbar to feet) before moving on to the upper portion of the body.

We perform a shorter version of the therapy to help fit in to people’s schedules better as we know not everyone is willing to devote 3 hours

in one setting to getting therapy on themselves. The shorter version is about 2 hours long.

- Table Therapeutic Body Work Combination- \$120 1 ½ hr. or \$160 for 2 hr. session. A shorter version of the Therapeutic Body Work combination using a Thai style base and incorporating whichever of our other therapies the client needs
- Mat Therapeutic Body Work Session \$160 2 hr., \$200 2 1/2 hr., \$240 3 hr., or \$300 for 4 hr. session. Therapeutic Body Work includes a combination of some or all the therapies we offer Including therapeutic massage, essential oils, Thai Bodywork techniques, Shiatsu techniques, Reflexology, Myofascial Release, hot stones, Functional Normalization (cranial & sacral work), chakra balancing, emotional release techniques, and trigger point. Therapy sessions can be 2 to 4 hours long depending on client's needs and time availability.
- Dual Massage Therapy- \$130 1 ½ hr. session. We offer a session where two people can get a therapy session simultaneously in the same room by one therapist doing a combination of Massage, Raindrop Technique, Crystal Nap, and/or energy work. This is like a couples massage with one therapist.

## Aromatherapy/Essential Oil Therapies

- Specialized Aromatherapy Massage and Cupping<sup>^</sup>- \$80 hr. session or \$55 ½ hr. session. Therapeutic Massage including essential oils and cupping to increase the benefits of your session.
- Therapeutic Massage with Essential Oils<sup>^</sup>- \$75 hr. session or \$50 ½ hr. session. Therapeutic Massage using essential oils to increase benefits of your session.
- Emotional Release Therapy <sup>^</sup>- 75 hr. session. This is a 45–60-minute (depending on client's needs) aromatherapy session using a 13-step protocol that was taught to me at NITE, except we use our house essential oil blends, to help relieve physical health conditions that may have been caused by emotional trauma.
- Anxiety, Emotional, and Stress Release Therapy<sup>^</sup>- \$80 hr. session. This is a newer 20-step version of the Emotional Release Therapy I designed to help with not only physical health conditions but also emotional or mental health conditions. (ex. PTSD, PPD, Anxiety, forms of Depression)
- Aromatherapy<sup>^</sup>- \$40 ½ hr. session. This is a half hour session using the inhalation of different essential oils depending on the client's desired results.
- Abdominal Stimulation <sup>^</sup>-\$45 ½ hr. session. This is a half hour session using light circular strokes and pressure around the navel area and following the digestive tract. We use essential oils in this therapy. It is designed to encourage proper digestive elimination, relieve abdominal discomfort, and to allow the essential oils to work on nerve endings that connect from the navel to other regions of the body. Some people treat their aches and pains in other regions of the body by working on the navel area.

- Reflexology (feet) or Vita Flex Therapy (feet) with Essential Oils<sup>^</sup>-\$45  
½ hr. session
- Carpal Tunnel Technique <sup>^</sup>- \$50 A therapy using essential oils, effleurage and stretching from the neck to shoulder, then down the arm to the hands with intent to help relieve issues associated with carpal tunnel.
- Raindrop Technique<sup>^</sup>- \$75 hr. session The Raindrop Technique was developed by Dr. Don Gary Young, N.D. Aromatologist, and founder of Young Living Essential Oils (YLEO). Dr. Young is one of our country's foremost leading experts on the art and science of aromatherapy.

This technique or therapy involves dropping specific essential oils six inches above the spine (like raindrops). These oils are then worked in along the spine, using light strokes with fingers. This increases energy flow throughout the entire body. The oils, and the procedure of applying them, will help reduce any inflammation, kill bacteria and viruses that hibernate along the spinal column and help correct any incorrect curvatures in or along the spine. This modality or technique will help the body heal on all three levels mind, body, and spirit. One individual session may only last 45 minutes to an hour, but the treatment will keep working in the body for at least two to three weeks. The essential oils used in The Raindrop Technique are Energy (an energy balancing blend) Thyme, Oregano, Cypress, Birch (or Wintergreen), Basil (or Balsam Fir), Peppermint, Marjoram, and Muscle Soothe (a blend of essential oils used for muscle issues).

- Sun Drop Technique<sup>^</sup>- \$75 hr. session  
The Sun Drop is performed in similar fashion to the Raindrop Technique with a different selection of essential oils. This technique is intended to help aid or prevent many 'middle-age' ailments or complaints. Like the Raindrop Technique, this modality will influence positive responses to every system in the body. The Sun Drop Technique will help to heal the body, mind, and spirit, not just the body.

- Citrus Fresh Massage ^ \$75 hr. session. This massage is a combination of therapeutic massage, Raindrop technique steps, and the use of 5-10 citrus essential oils. Citrus oils help support the immune system, tone the skin and are uplifting to a person's attitude.
- Eucalyptus 5 Massage ^ \$75 hr. session. This massage is a combination of therapeutic massage, Raindrop technique steps, and the use of 5 different species of Eucalyptus oils and 3 different species of Melaleuca (tea tree) oils.
- Biblical Oil Treatment ^- \$120 1 ½ hr. session. The Biblical Oil Therapy is intended to work on the spiritual health of the body, to stimulate the mind, and aid in physical healing of the body. The Biblical Oil Therapy will take approximately an hour and a half to complete. This modality was designed similarly to the Raindrop Technique. In this Aromatherapy Technique we physically cover more of the body than what would be addressed in the Raindrop.  
The essential oils with botanical references in the bible all contain sesquiterpene chemical constituents. Sesquiterpenes are anti-bacterial, anti-inflammatory, slightly antiseptic and hypotensive, and sedative. Some have analgesic or pain-relieving properties, and some are highly anti-spasmodic. They are stimulating to the liver and glands. Studies show that oils with these properties increase oxygenation around the pineal and pituitary glands. Studies also show they can cross the blood-brain barrier leading to an increase in secretions of antibodies, endorphins, and neurotransmitters.

### **Energy Work & Medical Astrology**

- NU YU Therapy ^-\$120 1 ½ hrs. Nu Yu Therapy is a combination of 10 therapies in one to help you feel like a new you, using effleurage, essential oils, color visualization, deep breathing, guided meditation, energy work, Chakra balancing and realigning, meridian stimulation/tapping, lymphatic stimulation, and myofascial release.

- Energy Work/ Meridian Tracing- \$65 hr. session. Working with the body's aura, clearing the Chakras to help balance the body, mind, and spirit.
- Light Healing Touch- \$65 hr. session. A specific energetic protocol to help release emotion, physical, and energetic trauma. This therapy is sometimes used to help put people at ease, especially in terminal situations.
- Chakra Therapy with essential oils<sup>^</sup>- \$75 hr. session. This therapy uses different forms of energy work and essential oils to clear the energy centers/chakras.
- Crystal Nap - \$25 20-minute session of lying on a therapy table with select crystals in your aura and over your chakra areas.
- Crystal Nap with 10-minute massage (or 10 min reflexology) - \$40

## **Ears**

- Hearing and Ear Protocol <sup>^</sup>- \$50 ½ hr. session- Protocol using essential oils and specific techniques to help the nerves of the ears work more efficiently.
- Ear Candling- \$50 a session - A technique using ear candles and gentle effleurage strokes to stimulate the sinuses, scalp, and proper ear wax drainage. (Includes 2 candles per ear with facial, neck, scalp, and sinus stimulation)

## **Consultations**

- Bach Flower Essence Test and Remedy -\$15 A self-questionnaire designed to help select the right Bach Flower Remedy/Remedies to help with emotional issues you may be dealing with.
- Natural Health Advice- \$60 hr. or \$40 ½ hr. session. Consultation session to help people set up a holistic approach to regain their health and/or to keep healthy using essential oils, herbs, homeopathic

remedies, nutrition, therapies, and exercise. Includes a free return visit in 4-6 weeks

- Guided Meditation \$55 45-min or \$40 ½ hr. session. A meditation session where one is verbally guided to help relax, reduce stress, and become more attuned with themselves. This session can include more than one client and cost be divided between multiple people.
- Life Coaching-\$40 ½ hr. session \$60 hr. session. Coaching consultation designed to help individuals get their life on track.

### **Salt, Foot Baths & Scrub Therapies**

- Detoxing Ionic Foot Bath -\$35 ½ hr. A foot bath intended to ionize the water helping the body detox using negative ions.
- Herbal Tea Foot Bath- \$35 ½ hr. session. This foot bath involves soaking one's feet for 25 minutes in an herbal water based on the client's desired outcome. We most often use the relaxing herbal tea blend which contains peppermint, chamomile, and red raspberry leaf.
- Dead Sea Salt Foot Baths \$35 ½ hr. session. This is a salt bath using dead sea salt, the most therapeutic of all the sea salts.
- Dead Sea Salt Hands and Feet Scrub \$45 ½ hr. or \$25 15-minute session. A scrub using a combination of dead sea salt and oil to help exfoliate dead skin and detox the feet and hands. If your skin is dry and cracked very deeply you may wish to do a sugar scrub as they are a little softer and don't sting the cracked skin like salt.
- Hands and Feet Sugar Scrub- \$45 ½ hr. session or \$25 for 15-minute session- A hand and foot scrub made of sugar and oils to help exfoliate dead skin and soften the feet/hands. If your skin is dry and cracked this is a softer scrub than the dead sea salt scrub but without the detoxing abilities.
- Hands or Feet Massage \$25 15-min session

- Halotherapy—a.k.a. Salt Therapy -1 person \$25 for 20 minutes (can add more people for \$5 per additional person)  
1 person \$50 for 45 minutes (can add more people for \$5 per additional person)  
Added to a massage or other available therapy for \$10 (some therapies do not apply)

Halotherapy is similar to spending time in the salty sea air, which offers many more benefits than just relaxation on the beach. Salt inhalation is recommended for the respiratory system, cell activity, energy, and blood sugar levels. As a natural disinfectant, salt is antimicrobial, and antibacterial. Dry salt air is more powerful than moist air. Inhaling particles may reduce inflammation and mucus in the lungs, improving respiratory conditions (asthma, allergies, bronchitis, sinus congestion and Chronic Obstructive Pulmonary Disease “COPD” etc.)

Halotherapy can have calming and detoxifying effects that support the immune, nervous, and lymphatic systems, reduce stress and headaches, increase energy, and improve sleep patterns. Salt ions purify the air, increasing lung capacity and reducing physical ailments. Salt Therapy/Halotherapy may also help with skin conditions (psoriasis, rashes, eczema, acne). Pure mineral salts have natural moisturizing properties and support the skin’s water balance and barrier function by attracting moisture to the skin. These minerals are necessary for cell function and detoxification and have strong rejuvenating properties.

Our Halotherapy sessions are combined with light music and Orgone Generators to aid in cleansing negative energy and to counteract the effects of electromagnetic waves that may have attached to your body, potentially helping to improve your life physically, emotionally, and spiritually. You are suggested to breathe deeply during this session while listening to calming music and relaxing. This therapy may be added to a massage if scheduled accordingly in advance.

Halotherapy sessions need to be scheduled in advance, so we have time for the room to charge. A Halotherapy session can be a therapy for one person, or you may bring a couple friends along.

Healthy Spa Day Package 1 special \$100

- Choice of Foot Bath with a cup of hot tea, hot coffee, or water
- Choice of sugar or dead sea salt scrub
- Half Hour Massage with essential oils

Healthy Spa Day Package 2 special \$130

- Choice of Hour Specialty Therapy or Massage with oils
- Choice of Foot Bath
- Choice of Hand/Foot Scrub

Healthy Spa Day Package 3 Group special

- 4 or more people in your group doing packages 1 or 2 save 15%

^Essential oils are used in these sessions.

Our Credit Card processor charges credit card holder 3.75% for credit card purchases

Note: typical hour sessions are 50 minutes of service

Typical half hour sessions are 25 minutes of service