

“The Succulent”

Welcome to the June Edition of
Cactus WAX Studio Magazine!

This month’s edition of **The Succulent** focuses on Relaxation of
the Mind and Body.



One of the most important things that we can do for our own health and well-being is to lose the stress! Negativity, anxiety, worries, lack of sleep, burn out, tension, and depression can all have negative influences on our physical and mental health. There are many ways that you can help yourself, with these areas (such as meditation, vacations, breathing techniques, taking up a hobby, exercise, yoga, healthy eating etc.), but sometimes we need a little support.



At Cactus WAX Studio, our certified Aromatherapist/Reflexologist, can send you into a fabulous state of relaxation with our top grade Essential Oils, Magic Fingers, and Thai pressure tools.



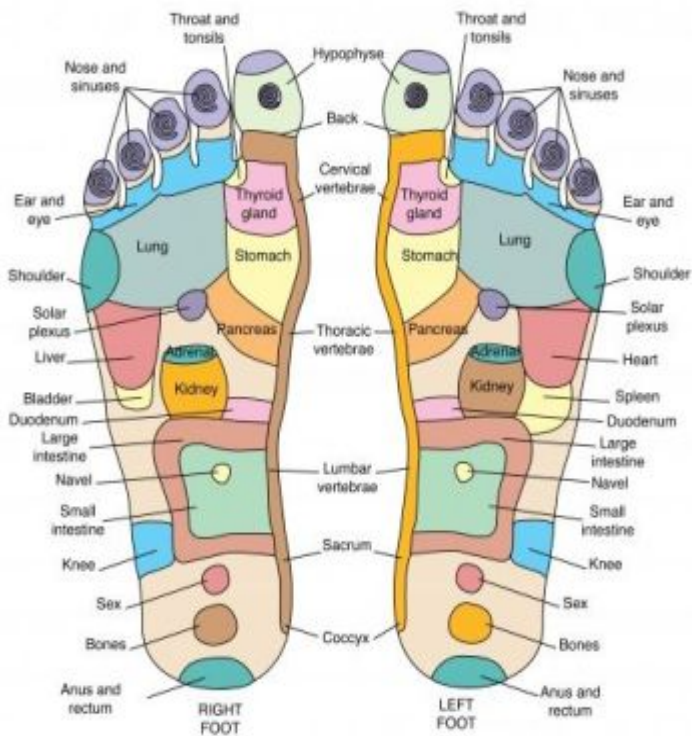
You will have a free full consultation as part of your session, where you will be asked which areas (physically or emotionally) are causing you concern. Your technician will help you choose the most appropriate carrier and (safe) Essential Oils to support your needs, and you will relax under a cozy blanket while these are administered to your feet, hands, and scalp.

You will choose the amount of pressure according to your own sensitivities and needs. (90% of our clients fall asleep during this process). It is wonderful.



So how does Reflexology Work?

“Reflexology reduces stress (a major contributing factor to disease), enhances the body's ability to heal itself, and balances both body and soul. Research shows that a single reflexology session can create relaxation, reduce anxiety, diminish pain, improve blood flow and decrease high blood pressure. Getting reflexology sessions can be a valuable addition to your wellness.



But what exactly is reflexology and what are some self-help techniques you can try for yourself?

Reflexology is based on the idea that a map of the body is reflected on the hands and feet, and by applying alternating pressure to specific points on the hands and feet you can affect various organs and parts of the body. **[See interactive hand and foot reflexology maps here!](#)**

Reflexology balances the nervous system by stimulating the nerve endings of the feet, which connect with the spinal nerves and their corresponding organs. It works with the circulatory system, breaking up congestion and deposits in the feet, which in turn help detoxify the body. Numerous studies have shown that reflexology is able to help:

- Promote balance and normalization of the body's functions
- Reduce stress and bring about relaxation
- Improve circulation and delivery of oxygen and nutrients to the cells throughout the body

<https://www.doctoroz.com/article/reflexology-101>



We have several different options for you a Cactus WAX Studio.

Pick the right one for you! You will love it!

Introductory Session for New Clients

Your first and every follow-up reflexology session honors your individual needs, situations and concerns. A personal check-in time is how we see 'where you are' and it allows you to express what's happening physically, mentally, and emotionally. This begins the process of opening and expansion that becomes part of your treatment time. Follow-up sessions, whether singly or in a series, always include this personalized attention to whatever you are experiencing at the time. The results of your treatment are greatly enhanced through this process. Soothing essential oils according to individual needs are offered.

Special Introductory Rate 90 min. – \$75

(This session includes time to explain reflexology/aromatherapy, and review your Personal Health History form.)

Single Sessions

This option is best for those who want to come periodically and don't necessary choose a series. Lots can happen between sessions, so our check-in time is very important here. Enjoy a deeply relaxing and healing session.

Soothing essential oils used.

60 minutes – \$65 Or 90 minutes – \$90

4 Series: We continue our personalized approach and you begin to feel the soothing and cumulative effects of deep relaxation and opening. You begin to feel more 'in touch' with yourself while sustaining your relaxed state to improve functioning on all levels. Soothing essential oils according to individual needs are offered.

Note: Your 1st 4 Series of sessions are ideally scheduled once/week for 4 weeks, but time and budgetary considerations will be made to suit you. Continuing, follow-up series may be scheduled at your convenience.

(4 Sessions) 60 minutes – \$250 (Save \$10)

(4 Sessions) 90 minutes – \$345 (Save \$15)

Cactus WAX Studio Best Deal Save \$\$ Buy 5, Get 6th Free

(6 Sessions) 60 Minutes- \$325 (Save \$65)

(6 Sessions) 90 Minutes- \$450 (Save \$90)

(If you are pregnant/nursing or are currently being treated under a medical provider, please check with them that Aromatherapy/Reflexology is an appropriate choice for you. Our service is not meant to be diagnostic, nor should it replace any medical attention).



Book online today, or call Wendy on 303 494 1654

Gift Certificates Available.



Wendy.
Owner/Manager Cactus WAX Studio.

Book online at www.cactuswaxstudio.com

See You Soon!



502 Center Drive, Superior Marketplace (By Target)

LOVE REFLEXOLOGY

YOU'RE IN GOOD HANDS...