

Prime My Body Hemp Oil Available deborahshahadey.primemybody.com

Prime My Body Nano-enhanced Hemp Oil is a dietary supplement that contains industrial pharmaceutical-grade hemp extract derived from the stalks and stems of the hemp plant, which delivers healthful benefits—without the psychoactive or “high” effect associated with this type of botanical.

Prime My Body utilizes a unique liposomal delivery system, which dramatically improves the bioavailability of CBD in the hemp oil.....up to 10x more than competitor’s products for half the amount taken. Contact me today to purchase your **Prime My Body** hemp oil.



NanoTechnology CBD
Why are we Better?
Patent NanoTech
FDA Certified Pharmaceutical Grade
EU Certified Organic , Non GMO
Made from the Whole Plant, Containing
All Cannabinoids and Terpenoids
500mg with 10x Absorption and Potency
100 Percent Bioavailability
Unrefined and in Natural State
Accurate Pump Dosaging
Almost double the size 1.7oz bottle



- ◆ 100% Hemp Extract with refreshing citrus taste
- ◆ Reduces inflammation (Anti-inflammatory)
- ◆ Inhibits cell growth in tumors/cancer cells (Anti-proliferative)
- ◆ Tranquilizing, used to manage psychosis (Antipsychotic)
- ◆ Suppresses muscle spasms (Antispasmodic)
- ◆ Relieves anxiety (Anxiolytic)
- ◆ Relieves pain (Analgesic)
- ◆ Reduces function in the immune system (immunosuppressive)
- ◆ Protects nervous system degeneration (Neuroprotective)
- ◆ Reduces seizures & convulsion (Anti-Epileptic)
- ◆ Reduces risk of artery blockage (Anti-ischemic)
- ◆ Reduces blood sugar levels (Anti-Diabetic)
- ◆ Kills or slows bacterial growth (Antibacterial)
- ◆ Reduces vomiting & nausea (Anti-emetic)
- ◆ Plus many more!

MENU ADD-ONS AVAILABLE:

- Aromatherapy Essential Oils (Young Living) \$10
- Face & Scalp Massage
15 mins \$ 20 (Seniors \$15)
- Foot Massage 30 mins \$ 40 (Seniors \$ 30)
- Hands Massage 20 mins \$ 25 (Seniors \$ 20)
- Hands/Foot Massage 30 mins \$ 40 (Seniors \$30)
- Hot Himalayan Salt Stones \$ 10
- Neck/Shoulder Massage 15 mins \$20 (Seniors \$15)
- Thai Herbal Balls \$ 15

Prices & services subject to change without notice. *
 Prices effective as of October 1, 2017.
 GIFT CERTIFICATES AVAILABLE (expire one year from purchase date). Gift certificates are non-refundable and not redeemable for cash but may be transferred to another person.

Cancellation/No Show Policy: Cancellations and/or rescheduling must be made no less than 24 hours prior to session or a \$25 fee must be paid before booking next appointment. No Shows will be charged full price.

Body N Soul Massage

Deborah Shahadey, LMT
 10032 US Highway 150, W. Terre Haute, IN 47885
(812) 230-0697
 (Just 1 mile North of New Goshen Fire Station)
 15 mins. North of Vigo Co. Courthouse
 20 mins. North of Honey Creek Mall
 15 mins. East of Paris, IL
 10 mins. South of Clinton, IN
Convenient Online Scheduling & Instant Gift Certificate Sales Online
www.bodydayspa.net
OR schedule through my app (Android & iPhone): SCHEDULICITY



MENU of SERVICES
Body N Soul



CLINICALLY FOCUSED:

30 mins \$ 50	* Senior rate (65+) \$ 40
1 hour \$ 70	* Senior rate (65+) \$ 60
1.5 hours \$100	* Senior rate (65+) \$ 85
2 hours \$ 130	* Senior rate (65+) \$ 115
2.5 hours \$ 160	* Senior rate (65+) \$ 145
3 hours \$ 190	* Senior rate (65+) \$ 175

Thai Clinical Bodywork (CTB):

CTB integrates powerful Thai techniques with a deep understanding of Travell & Simons Trigger Point Therapy, as well as aspects of osteopathy, yoga and Asian medicine. CTB can frequently address even serious pain conditions that have failed other treatment approaches. This type of therapy is well-suited to treat: Arm/wrist pain, back pain, foot/calf pain, hip/groin pain, leg/thigh/knee pain, shoulder pain, headaches/facial pain, plus many more. This session will be focused on the presenting complaint to return pain free movement. **Please wear stretchy clothing (ex: shorts & t-back tank top).**

DEEP TISSUE/TRIGGER POINT TABLE MESSAGE:

A special massage for those who typically request a deeper, firmer massage and those with very tight muscles, restricted ROM and pain. I use deep tissue, trigger point, stretching and massage tools to release the problems. However, for the most thorough treatment and working through your entire range of motion, **I HIGHLY suggest you choose Thai Clinical Bodywork instead.**

GENERAL WELLNESS and/or RELAXATION FOCUSED:

30 mins \$ 50	* Senior rate (65+) \$ 40
1 hour \$ 70	* Senior rate (65+) \$ 60
1.5 hours \$ 100	* Senior rate (65+) \$ 85
2 hours \$ 130	* Senior rate (65+) \$ 115
2.5 hours \$ 160	* Senior rate (65+) \$ 145
3 hours \$ 190	* Senior rate (65+) \$ 175
3.5 hours \$ 220	* Senior rate (65+) \$ 205
4 hours \$ 250	* Senior rate (65+) \$ 235

THERAPEUTIC TABLE MESSAGE:

This is what most people think of when you say "massage." This massage is performed on a massage table using lotion or oil. My massage is a mix of different techniques depending on our desired outcome (relaxation, well-being maintenance, pain relief, range of motion, etc.). This type of massage has many benefits. However, for the most thorough treatment of your muscles and longer-lasting results between massages, **I HIGHLY suggest you choose Thai Bodywork instead.**

THAI TRADITIONAL BODYWORK:

Thai massage was originally practiced in Buddhist monasteries as part of traditional medicine. Using slow, rhythmic rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to harmonize vital energies and work the muscles. Sometimes referred to as "yoga massage" or "Lazy Man's Yoga", this treatment leaves you relaxed yet energized and more flexible. This massage is given on a floor mat. **Please wear stretchy clothing.**

GENERAL WELLNESS and/or RELAXATION FOCUSED:

Aromatherapy (Table) Massage:

A relaxing table massage using 100% therapeutic-grade essential oils by Young Living. This massage also helps bring the body into balance and clear energy centers.

30 mins \$ 60	* Senior rate (65+) \$ 50
1 hour \$ 80	* Senior rate (65+) \$ 70
1.5 hours \$110	* Senior rate (65+) \$ 95
2 hours \$ 140	* Senior rate (65+) \$ 125
2.5 hours \$ 170	* Senior rate (65+) \$ 155
3 hours \$ 200	* Senior rate (65+) \$ 185

Chi Nei Tsang/Thai Abdominal Massage:

Can be Clinically Focused or General Wellness

An ancient form of detoxifying and energizing abdominal massage. It blends Chinese & Thai massage and meditation techniques, making it truly different from any other healing modality. In addition to addressing physical ailments associated with all the internal organs, this work is proven to have incredible healing effects throughout the physical, emotional and spiritual bodies. Great for digestive issues! 1.5 hours \$100 *Senior rate (65+) \$ 85

HOT STONE (Table) MESSAGE:

Using smooth, basalt stones gleaned from the rivers then warmed in water, this massage creates an experience like no other. I will also use heated Himalayan salt stones. By massaging with the penetrating heat of smooth basalt & Himalayan salt stones—as well as my hands—I am able to effectively work your muscles and balance your energy. A must try!

1 hour \$ 90	* Senior rate (65+) \$ 80
1.5 hours \$ 120	* Senior rate (65+) \$ 105
2 hours \$ 150	* Senior rate (65+) \$ 135
2.5 hours \$ 185	* Senior rate (65+) \$ 170
3 hours \$ 220	* Senior rate (65+) \$ 205

GENERAL WELLNESS and/or RELAXATION FOCUSED:

LUK PRA KOB (Thai Herbal Compress):

This has been used in Thailand for hundreds of years as a medicinal treatment for pain, dysfunction and stress. The herbs, which are wrapped in cotton cloth and steamed prior to application, have many benefits such as: anti-inflammatory, astringent, antibacterial, analgesic and muscle relaxant properties. The heat, medicinal properties and broad compression along the energy lines of the body provided by the herbal compress make it ideal for normalizing hyper-irritable areas of muscle tissue, allowing the muscle to stretch and resolve taut bands and trigger points. This is a Thai Bodywork session using the Thai Herbal Compresses. **Please wear stretchy clothing.**

1 hour \$ 85	* Senior rate (65+) \$ 75
1.5 hours \$ 115	* Senior rate (65+) \$100
2 hours \$ 145	* Senior rate (65+) \$ 130
2.5 hours \$ 175	* Senior rate (65+) \$ 160
3 hours \$ 205	* Senior rate (65+) \$ 190
3.5 hours \$ 235	* Senior rate (65+) \$ 220
4 hours \$ 265	* Senior rate (65+) \$ 250

PREGNANCY MESSAGE (Table or Thai):

Same pricing as Therapeutic Table Massage Proven to safely reduce many of the normal discomforts of pregnancy, pre/postnatal massage relieves fatigue, backaches, leg and feet pain, neck and shoulder problems, edema and muscle cramping. Prenatal massage increases local and general blood circulation, bringing more oxygen and nutrients to the cells of both mother and fetus.