
Mary Vandenburg-Taylor

**Proprietor of Inner Sole
A Registered Business Since 1998**

Certified and Professionally Trained in:
Herbalism (Master)
Reflexology
Therapeutic Touch
Massage
Hot Stone Massage
Stress Management
REIKI Master (Teacher)

**Working from a Holistic Viewpoint to
Incorporate Wellness and Balance
Plus Insight for the Client**

Tax Receipts & Gift Certificates Available



The Inner Sole

**Wellness & Holistic
Therapy**

Mary Vandenburg-Taylor

**3863 Avon Drive
RR #1 Belmont, Ontario
519-269-3752**

Essential Body Treatments

Relaxation (Swedish Massage)

60 Minute Treatment

Full body massage excluding buttocks and breasts **\$35.00**

30 Minute Treatment

Massage of the upper body only (arms shoulders, neck) **\$25.00**

Aromatherapy Massage

Relaxation massage with choice of essential oils **\$40.00**

Facial Massage

Mini neck, shoulder and face massage
Very beneficial for those suffering from symptoms of sinuses, headaches, TMJ and stress **\$10.00**

Hot Stone Massage

Deep muscle relaxation and circulation (Great for joint pain)

Full Body \$60.00

Hot Stone Reflexology \$35.00

Treatments

Arm & Hand exfoliation massage and paraffin wax dip **\$20.00**

Foot & Calf exfoliation massage and paraffin wax dip **\$25.00**

Holistic Wellness Treatments

Reflexology

60 Minute Treatment

Includes herbal foot soak, treatment and foot massage **\$25.00**

30 Minute Treatment

Includes treatment and mini foot massage **\$15.00**

Therapeutic Touch

30 Minute Session Only **\$20.00**

TT with crystal healing **\$30.00**

REIKI (ray-key)

A gentle form of healing energy for physical, mental or emotional well-being

60 Minute Session **\$35.00**

30 Minute Session **\$25.00**

30 Minute Chakra Balancing **\$20.00**

30 Minute Healing Attunement **\$25.00**

REIKI Classes

First Degree: \$100.00

Participants are attuned and taught how to give treatments for oneself, others & pets

Second Degree \$200.00

Participants will learn a powerful, effective method for distance healing using REIKI symbols

Third Degree \$500.00

This is a degree to deepen our personal healing and knowledge of REIKI, including the ability to give healing attunements

**Call to Book a REIKI Appointment
or for Class Registration**

Personal Counselling Sessions

Nutrition

Stress Management

Meditation

Shamanic Techniques

Learning to recognize and work with power animals and guides



YOU DESERVE A BREAK TODAY!

WHY NOT THINK ABOUT HOSTING YOUR OWN SPA PARTY!?

**For you and your friends
in the comfort of
your own home!!!**

**You take care of the
invitations...
I take care of the rest!**

**For More Info Call:
519-269-3752**

Optional Packages

A) 1/2 hr massage +1/2 hr reflexology **\$35.00**

B) 1 hr reflexology + facial massage **\$32.00**