



*Suzu Kawamoto, LMT 914 275 8240 heartandhands.suzu@gmail.com*

### **Prenatal Massage:**

**Initial visit is \$165/90 min** (includes consultation, 60 min massage, and instruction for Mama's self-care belly massage)  
**Follow-up: \$135/60 min \$165/75 min \$200/90 min**

### **Induction Massage**

At the very end of pregnancy, or past the estimated due date, it helps encourage labor by utilizing techniques specific for this purpose

**\$165/75 min**

### **Postpartum Healing Massage**

A unique combination of gentle massage and energy/spiritual healing, and indigenous techniques that help to balance your hormones, and bring you back to center after pregnancy and birth; structurally as well as emotionally and energetically.

**\$200/90 min at Prana Prenatal Yoga      \$300/90 min at your home**

### **Pregnancy Package Special:**

**(3)-75 min Prenatal Massages (incl. init. visit) & the Postpartum Healing Massage @ home \$755**

**(5)-75 min Prenatal Massages (incl. init. visit) & the Postpartum Healing Massage @ home \$1045**

### **Integrative Therapeutic Massage:**

a personally tailored combination of MyoFascial, NeuroMuscular Therapy, Shiatsu, Reiki, Manual Lymphatic Drainage, Rossiter Technique, energy healing and more...

**\$135/60 min   \$165/75 min   \$200/90 min**

### **Arvigo® Techniques of Maya Abdominal Therapy (ATMAT): for Reproductive and Digestive Health**

**Initial session: \$225/2 hours** (includes in-depth consultation, 60+ min massage, and instruction for self-care abdominal massage)

**follow up: \$135/60 min \$165/75 min \$200/90 min**

### **Urban Zen Integrative Therapy (UZIT)**

For those who are living with long-term illnesses (patients and their loved ones) or who are in recovery from surgery ~ UZIT is a combination of gentle movement, Reiki, essential oils, guided visualization to help with Pain, Anxiety, Nausea, Insomnia, Constipation and Exhaustion. Especially beneficial, supportive and soothing for those who are living with cancer, and undergoing Chemo or radiation treatments.

**\$135/60 min   \$165/75 min   \$200/90 min**

### **Spiritual Healing Massage**

Similar to the Integrative Therapeutic Massage, but with more emphasis on spiritual and energy healing

**\$135/60 min   \$165/75 min   \$200/90 min**

### **Reiki/Energy Healing**

Hands on energy healing, especially helpful for people living with anxiety or trauma related issues.

**\$135/60 min   \$165/75 min   \$200/90 min**

*It will be a great honor, and a Joy, to walk with you on your healing journey...*

*Namaste*