



Reiki at the J



Heather Small, Reiki and Massage Therapist

For over twenty years, Heather has dedicated herself to the study and practice of massage, Ayurveda, meditation, and natural healing. Through extensive training and hands-on experience, Heather has developed a profound understanding of both the physical and energetic systems that support well-being. Her holistic approach invites clients to experience relief, balance, and renewed vitality. Heather designs personalized sessions tailored to meet the specific needs of each client. Her aim is to alleviate stress, relieve muscle tension, and promote overall well-being through the therapeutic benefits of touch. Whether you are in search of pain relief, enhanced mobility, or simply a tranquil moment, she offers a safe and inviting environment where you can rejuvenate both your body and mind. She has training in Reiki, Cancer massage, cranio- sacral, Thai Yoga massage, and meditation.

	Member	Non-Member
30 minutes:	\$45	\$55
60 minutes:	\$80	\$95