



MASSAGE AND WELLNESS

NIKI FELDMAN LMT #2071

High Desert Yoga Healing ARTs Center

4610 Copper NE

505-620-3965

nikifeldman.massagetherapy.com

❖ **CUSTOMIZED MASSAGE + CRANIOSACRAL THERAPY**

❖ **YOGA AND STRETCHING ADVICE**

❖ **NUTRITIONAL SUPPLEMENTS AND FOODS**

USANA HEALTH SCIENCES ASSOCIATE #2466107

❑ **21 YEARS EXPERIENCE!**

❑ **\$75 FOR 1 HOUR MASSAGE OR \$110 FOR 90 MINUTES**

❑ **YOGA FOR LUNCH MON + WED 12:15-1:15**

❑ **CHECK OUT THE HEALTH ASSESSMENT AND PRODUCT ADVISOR ON MY WEBSITE:**

<http://healthylifestyle.usana.com>

Niki specializes in deep yet gentle **Swedish and Lomi Lomi massage, Myofascial Release, and Craniosacral Therapy**. She uses her forearms to iron out larger areas of the body and her sensitive hands to contour, squeeze, and compress specific areas.

"Craniosacral work traditionally specializes in the head, spine, and sacrum, but is not limited to those areas, nor is it limited to the physical. It can give people an experience of 'sacred emptiness' -often the only sacred experience they have in their daily lives. It is a great gift. Visionary craniosacral work combines sensitive, hands-on bodywork with meditative use of the inner eye and inner ear (Intuition!). A supremely gentle approach, it is a way of doing non-doing. It honors both the analytic understanding of how things happen and the intuitive perception of how things really are. Combined, the soul can be touched and real healing occur." -Hugh Milne

Niki also adds **Aromatherapy and Stretching** to her treatments to make it a truly unique experience which helps clients to feel more positive and peaceful when they leave. She usually gives clients relevant Yoga poses that will enhance the massage and help problem areas.

In addition, Niki offers **Nutritional Supplements and Foods from USANA Health Sciences**. USANA is a cutting edge science-based company that formulates and makes pharmaceutical grade nutritionals that you can trust.