



### **Thai Massage**

Thai Massage (AKA: Thai Yoga Bodywork) can be described as a cross between yoga, energy healing, and bodywork. While you relax on a soft floor mat, the practitioner will use her hands, feet, elbows, arms, and legs to guide you through a series of assisted yoga postures and gentle stretching. Acupressure is also applied along energy lines in the body to encourage the flow of healing energies.

Thai Massage has also been described as “the lazy person’s yoga” because it is a passive practice in which the practitioner “does yoga to you.” Non-restrictive, comfortable clothing and bare feet are recommended, similar to what you would wear for a yoga class.

### **Herbal Consults**

Melissa practices an energetic style of herbalism developed through studies with teachers such as Lise Wolff and Matthew Wood. Her practice deeply honors the immense healing power our plant teachers so willingly share with us. She uses tinctures and flower essences which are handmade from local plants. Energy healing techniques and guided imagery may also be used during an intake to get to know our plant helpers more deeply. Herbs are either carefully gathered from organic land or ethically wild-crafted. Great care and respect goes into Melissa’s herbal preparations.

Herbal tinctures in a liquid form are given. The typical dosage is 1–3 drops, twice per day. Herbs are either taken under the tongue or applied topically to specific acupoints. You may also be shown acupressure techniques to use in conjunction with the herbs.

### **Melissa Higgins | BA, ACBT, Herbalist**

Melissa is an ABMP Certified Bodywork Therapist who focuses her practice on locally collected herbs in combination with integrative Asian bodywork and movement instruction for self care. Her work is greatly supported by ecopsychological concepts. She has completed over 1900 hours of studies in Integrative Healing and Holistic Living practices including Oriental Medicine & Bodywork, Western Herbalism, Reiki, Permaculture, Yoga Instruction, Earth Medicine & more.

Melissa holds a B.A. in Holistic Human Relations from Metropolitan State University and is currently a 3<sup>rd</sup> year intern at the American Academy of Acupuncture and Oriental Medicine where she is completing her M.S. Degree.

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