

# Our Holistic Approach

Healing Mountain Massage School has cultivated a unique **Holistic Health Practitioner Program** that offers elevated integrative therapies for profound restorative bodywork.

Our holistic health practitioners are furthering their skills by incorporating movement therapy, nutrition, herbs, energy therapies, and advanced bodywork modalities to their work.

With this wide variety of skills, they are able to address your whole person; body, mind and spirit, to promote optimum health and well-being.

## **INTEGRATIVE MASSAGE—**

This introductory session utilizes an extended intake interview to customize a perfect treatment plan for your individual needs and wellness goals.

- 80 min \$55 w/ Student
- 80 min \$80 w/ LMT

### **Who Can Benefit?**

Anyone who has the desire to achieve & sustain good health habits will benefit. Our HHP's blend traditional western & eastern healing practices.

### **What Should You Expect?**

Be prepared to answer a number of questions on your first visit to establish your customized treatment plan. Wear comfortable viewing clothing for a body assesment.

60 minutes hands-on with 20 minutes of discussion.

### **How Often is Recommended?**

Regular treatments with one therapist builds a trusting relationship that ensures individualized attention & noticeable improvements in your health.

**Book Today 801-355-6300**

More info at [healingmountain.edu/holistic](https://healingmountain.edu/holistic)

*HHP treatments are only available at our Salt Lake City campus.*

# holistic therapies

**H.H.P. Student** • 70 min \$65 • 100 min \$90

**Holistic Health Practitioner** • 70 min \$90 • 100 min \$120

## **MYOFASCIAL RELEASE** (*Dry massage*)—

M.F.R. is a specialized manual therapy used for the effective treatment and rehabilitation of soft tissue and fascial pains, tension and restrictions. (NA for 100 min.)



## **STRUCTURAL INTEGRATION** (*Dry massage*)—

Structural Integration works to lengthen and soften connective tissue, or fascia, to restore postural balance, ease of movement, and a feeling of being more at home in your own body. (NA for 100 min.)

## **LOMI LOMI** (*Oil massage*)—

An Hawaiian massage that utilizes techniques to work gently yet deeply into the muscles with continuous, flowing forearm strokes, totally nurturing the body and enabling the recipient to relax, give in and simply be.

## **ABHYANGA** (*Oil massage*)—

This ancient luxurious Ayurvedic body treatment keeps the skin moisturized, calms the mind, supports the lymphatic system, and helps to detoxify the body.

## **SOUND HEALING THERAPY—**

In this deeply soothing treatment, Tibetan singing bowls are gently played on and around the body using harmonious sound waves to shift your body's vibration away from everyday stress and imbalance to a place of relaxation, peace, and wellbeing.

• **20-25 min \$25 w/ HHP student** • **\$35 w/ HHP LMT**