

Clinic & Spa Menu

HOLISTIC WOMEN'S HEALTH CARE AT APOTHECARY TINCTURA

Cultivating Fertility Consult

initial session 2 hours \$135 | follow-up 75-90min \$90

Becoming pregnant is not always easy. It is a process that requires compassion, detailed knowledge and nurturing support on many levels. We have spent years working with women on their journey to conceive and have developed a unique method to make this a process of growth and healing. We provide guidance on the effective, safe and appropriate use of complementary medicine including: uterine massage, mind-body medicine, fertility awareness and herbal medicine. We will help you develop a comprehensive & calming holistic fertility plan that encompasses all aspects of your fertility care. We work with women in preparation for IUI and IVF cycles and are comfortable working closely with your doctors and other fertility support team.

Maya Abdominal & Uterine Massage

initial session 2 hours \$135 | follow-up 75-90min \$90

Our most important treatment, this massage technique is a slow, gentle external massage of the abdomen and lower back that works to soften the muscles, and adjust the uterus to its proper position, enhance circulation of blood, lymphatic fluids and qi. It has been used successfully as part of a holistic treatment for problems including painful periods, fertility issues, uterine fibroids, ovarian cysts and low backache. We have learned this work from Dr. Rosita Arvigo and other traditional Maya healers in Belize.

Traditional Spiritual Healing For Women

90min \$90

We have found that women heal when their spirit is strong. Traditional feminine-centered healing practices around the world use plants, song, copal and blessing/prayer to bring about balance and change in a gentle, yet profound way. This work is designed to soften and heal grief, sadness and fear, helping to bring back your strong and vital self. This is one of the most important aspects of our clinic work and we are happy to make it more formally available.

Herbal Consultation

60-90min \$90

Let us help you reach your health goals! In this session we will review your health history, address your current questions and devise a plan to help get you going in the right direction combining the use of herbal remedies (tinctures, teas and essential oils) with sound and supportive nutritional guidance.

PREGNANCY, BREASTFEEDING & NEW MAMA CARE

Prenatal Pregnancy Massage

Our gentle and effective side-lying pregnancy massage is designed to nurture the mother-in-the-making, relieve common prenatal discomforts and gently help prepare a woman's body to give birth. Women who receive regular massages while pregnant report healthier pregnancies, stronger bodies and a deeper connection with their blossoming bellies and growing babies.

- First Trimester: Conception to 13 weeks 60 min \$75
- Second Trimester: 14 to 22 weeks 75 min \$80
- Last Trimester: 23 weeks to Delivery 90 min \$90
- New Mama Nurturing Massage 90 min \$90

Breastfeeding Basics & Lactation Consult

initial session 2 hours \$135 | follow-up 75-90min \$90

Initial 2 hour prenatal consultation covers crucial information that every mama-to-be needs to know about nursing her baby, including: self care, comfort for the breastfeeding dyad, how partners can help and basic problem solving techniques. Follow up appointments are available for addressing problems that may arise once baby is here, such as soreness, milk supply, food sensitivity in baby, plugged ducts/mastitis and weaning.

Cesarean-Specific Healing

initial session 2 hours \$135 | follow-up 75-90min \$90

Giving birth via C-section brings a new and often unanticipated set of physical and emotional challenges to healing after birth. This treatment combines several of the Maya Uterine Massage techniques, castor oil packs and the traditional Chinese practice of 'moxa' to warm, gently soften adhesions, prevent scar tissue & heal the womb. See our 'Birth & The First Year' flyer for more detail.

MASSAGE

Awakening Massage

75min \$90

This is everyone's favorite massage! The treatment begins with a relaxing foot bath & scrub to soften and awaken the senses. You pick your favorite stimulating pure essential oil that we blend with hazelnut oil for an invigorating massage. We wrap up this fabulous treatment with a traditional "plant brushing", bringing you blessings of renewal and strength.

Deep Tissue Massage

60min \$70 | 90min \$90

Whether you need help with a specific spot that hurts or just need to be rubbed, our deep tissue massage combines relaxing strokes with focused movement to relieve muscle tension and strain. We use moist-heat packs on your back and reflexology with hot towels on your feet to bring you comfortably back into your body.

Deep Tissue/Hot Stone Combo

90min \$110

A truly one of a kind treatment combining focused deep tissue work with the soothing, muscle relaxing massage of warm basalt stones. Ahhh!

SEPT-OCT '08

\$10 OFF 75 min session
regularly 90. Special \$80

JAN-FEB '09

\$10 OFF 90 min session
90min 90. Special \$80

NOV-DEC '08

Save on a 90 minute
combo session
90min 110. Special \$93