

Holistic health is a unique approach to healing the body, mind and spirit. It works on all levels to soothe the body and rejuvenate the soul.

Holistic massage therapy helps ease the mind and bring you back to yourself.

*Reiki* enhances our awareness of subtle energies, relaxes and soothes the mind.

Call for an appointment.  
24 hour cancellation required.

Office  
(707)-964 3317  
cell phone  
357-0565

Joey Lyn Harmon  
Golden Hands inc.  
[www.golden-hands.com](http://www.golden-hands.com)

# Joey Lyn Harmon

**Certified  
Holistic Massage Therapist**  
Reiki Master  
Vibrational Kinesiology  
Practitioner

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Swedish Esalen

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Lymphatic Drainage

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Polarity Therapy

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Foot Reflexology

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Pre-Natal Massage

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*Reiki* Training

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*Reiki* Treatments



**I am a graduate of the Mendocino School of Holistic Health and Advanced Healing Arts.**

**I am also a Reiki Master of 4 years and a mother of one adorable girl.**

**I use a variety of techniques to suit your specific needs on a one-on-one basis.**

### **Pre~Natal Massage**

Relaxation is a key factor to you and your baby. Massage is a wonderful stress reducer . Ask your doctor or mid-wife about the benefits of massage during pregnancy.

### **Swedish Esalen Massage**

A soothing massage using long strokes to tone and vitalize the body. Reduces stress and oxidizes the body.

### **Lymphatic Drainage**

Cleansing of all toxins and cell waste products accelerated by manually moving lymph fluids. Very effective for pregnant women . Reduces swelling and relaxes muscles.

### **Polarity Therapy**

A soothing, gentle touch which works to release energy blockages. Wonderful for digestion. Helps restore balance of energy flow. Deeply relaxing and healing.

### **Foot Reflexology**

Beneficial to all walks of life. This therapeutic approach is based on the meridian function. Releasing Crystallization in vital organs of the body to create relaxation and peace of mind.

### **Reiki**

Ancient healing art used to relax and ease the body. Bringing you home to the heart.

### **Reiki Training**

I offer a safe environment to learn this wonderful art. You receive 25-contact hours and master attunement. I provide small intimate groups. Expand your awareness and give the power of Reiki to family and friends.

### **Vibrational Kinesiology**

Detoxes the body at a cellular level. Uses light frequency vibration and intent to bring the body into balance .

#### **Fees for Services:**

1 1/2 hour massage .....\$65

One hour massage ..... \$50

1/2 hour massage .....\$45

One hour *Reiki* ..... \$50

*Reiki* training..... I inquire

Two hour Vibrational Kinesiology with two hour follow up ..... I inquire  
Gift certificates available

**(707) 964-3317**