

Services

Holistic Facial Massage Therapy-The best alternative to a facelift...this technique is better than your traditional facial, incorporating holistic healing protocols that give a deeper rejuvenating effect that is felt throughout the entire body; includes scalp, neck, shoulder, back and arm massage as well.

Rasayana Treatment - An integrated technique designed to rejuvenate the physical and energetic bodies using Ayurvedic rasayana rejuvenating oils.

Airbrush Tanning- The safest and most realistic sunless tan you will ever experience. Each treatment is hand sprayed and custom blended to your skin tone. The tanning solution utilizes DHA, a simple sugar, which allows your skin to respond naturally. The tailored hand spray eliminates all the mess associated with self-tanning with no orange appearance. Tanning parties are also available.

Airbrush Makeup Application- Airbrush makeup will give you that flawless appearance that you have always wanted for any special occasion. Each application is tailored to your individual needs in a private and relaxed atmosphere.

Makeup Lessons- Learn the inside scoop of beauty secrets to enhance your look by creating your own color story. Whether it is a small group or a private lesson, you will learn techniques to highlight your best features and to conceal your flaws. This lesson will include how to save money on your cosmetics.

Body Treatments- We offer a variety of treatments including salt scrubs, detoxifying algae wraps softening milk and honey treatments, salt detox wraps, and our signature peppermint lavender twist.

Horse Therapy

Horses with Heart- This program is designed to use the strokes of grooming a horse to heal the body mind and spirit of those recovering from surgery, trauma, chronic pain, emotional stress and so much more.

Equestrian Pilates- The core principles of Pilates adapted to the equestrian lover. This routine increases stability in the saddle and overall strength of the rider. I Gallop modalities are blended into the routine for increased focus.

Farm Hand Program- Enjoy the many benefits of working on a horse farm. Gain strength, find peace, and commune with nature....a functional fitness routine.

Broom Polo- If there is a way to add more fun to horseback riding...this is it! Grab your broom, beach ball and have a blast! Riding experience is required.

Drill Team Riding- A more disciplined aspect of horseback riding-must have riding experience.

Private/ Semi Private/ Group Horseback Riding Lesson-Offered through our affiliate, Red Oak Farms- beginner to advanced riders accommodated.

Integrated Wellness Partners

Mullica Hill's Premier Wellness Center

856-478-2280



**Just for today, do not worry
Just for today, do not anger
Honor your parents, teachers and elders
Earn your living honestly
Show gratitude to everything**

Dr. Mikao Usui

**Prehistoric Farmer's National
Bank building
28 North Main Street
Mullica Hill, NJ 08062**

www.IntegratedWellnessPartners.com

Today's world is a hectic place where excessive stress, environmental toxins and poor lifestyle choices create a multitude of strains on our body, mind and spirit. Here at Integrated Wellness Partners, we believe in providing a true wellness experience to assist you in your goals of living a healthier, happier life.

Let our commitment to your well being provide the path to attaining the highest levels of your health and wellness. We understand that choosing a wellness provider is one of the most important decisions that you can make. You want to choose someone who is caring, knowledgeable, and accessible. It is important to work with someone willing to take the time to go over all of your options and treat you as an individual, not just the average, everyday client.

At our practice, we pride ourselves on quality and caring service. We offer a knowledgeable and certified staff, safe and proven methods, and the latest in alternative wellness techniques. We have created this brochure for both new and current patients. It includes specific information about our practice and general wellness information for your benefit. We hope that you enjoy the experience of our services and always encourage your feedback.

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Natural Health Consultation-

A comprehensive wellness evaluation designed to give a clear assessment of your current challenges and imbalances. This will provide a full overview of the most effective natural health options that may help you achieve your maximum level of balance and well-being.

Reiki- An ancient healing practice designed to balance the body's energy system, which promotes the healing of physical, emotional and stress related issues.

Massage Therapy- We offer swedish, thai bodywork, deep tissue, lymphatic drainage, sinus release, migraine/head pain therapy, cupping, sports, hot stone and marma therapy

Integrated Bodywork- An intuitive approach which allows your practitioner to combine techniques and address physical, emotional and energetic balancing through the coordination of multiple modalities

Ear Candling- A safe natural way to remove excess wax and debris from inside the ear; great for people who work in a dusty environment or suffer from ear pain, allergies or blockages...this treatment can be done alone or in coordination with a sinus/facial release massage.

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Cranio-Sacral Therapy: The CranioSacral system consists of the membranes and cerebro-spinal fluid that surrounds and protects the brain and spinal cord. An imbalance in it could potentially cause any number of sensory, motor, or neurological disabilities. CST is a gentle method of detection and correction that encourages your own healing mechanisms to dissipate these negative effects of stress on your central nervous system and restore overall health.

One Brain: Three In One Concepts developed a unique approach to diffusing attitudes and blockages by communicating with the cellular memory of the body. Using muscle testing, the One Brain system works to release patterns that we live by causing us to repeat the same mistakes repeatedly. This system is a gentle, non-invasive and remarkably effective way of achieving desired life changes both physical and emotional in a very short period.

Mentoring- Is identifying your goals and establishing a plan to succeed impeding you life? Mentoring is an amazing partnership that can empower you to change your life.

Emotional Freedom Technique- a tapping/ acupressure technique that focuses on releasing emotional blockages within the body that may limit a person's ability to heal or maintain health.

Meditation- Offers a variety of techniques to calm the mind relax the body and rejuvenate the spirit.