**HEALING MOUNTAIN MASSAGE SCHOOL** is the only school in the western United States that teaches its students both massage & spa treatments, and allows them to practice and strengthen their massage & spa skills in a live day spa at half the going rate.

Our spa treatments have a modern take on centuries old techniques, some of which have been handed down from ancient Greece to the Romans who spread their knowledge & skills of hydrotherapy throughout Europe.

It is the students & our pleasure to provide a total retreat for your senses. We offer services designed specifically to refresh body, mind & spirit. Our trained staff will assist you in your choice of services geared for health & wellness.

Please, share the news about the best kept secret in UTAH. Tell your friends, family & coworkers about:

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**RELAXING SWEDISH MASSAGE**—
The session will help you relax and unwind as we use soothing strokes to allow tension to drift away while improving circulation & breathing.

**DEEP MUSCULAR MASSAGE**—
A firm yet gentle technique that targets deeper tissues to focus on tight knotted areas caused from active lifestyles, injuries and poor postural habits.

**JAPANESE FULL BODY SHIATSU**—
Ancient Japanese massage using pressure & strokes to oriental acupoints located all over the body. Promotes relaxation & the free flow of “CHI” for self-healing.

**CRANIOSACRAL THERAPY**—
This energetic technique uses gentle pressure to specific areas on the skull and sacrum to ease tension & restrictions all over the body.

**LYMPH OR PRENATAL MASSAGE**—
Both massage sessions are soothing treatments that effectively address the needs of draining excess fluids or strengthening immunity as they relax achy muscles.

**NEW REFLEXOLOGY**—
This ancient healing modality offers deep relaxation. Includes hot towel foot wrap and massage on the hands and feet, along with our signature hydrating mint lotion.

<table>
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<tr>
<th>Student Rate</th>
<th>50 min $25</th>
<th>80 min $37</th>
<th>110 min $50</th>
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<tbody>
<tr>
<td>Advanced Student</td>
<td>50 min $30</td>
<td>80 min $45</td>
<td>110 min $60</td>
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<tr>
<td>L.M.T.*</td>
<td>50 min $40</td>
<td>80 min $63</td>
<td>110 min $80</td>
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**NEW DETOXIFYING HERBAL BODY WRAP**—
Begin with a rejuvenating dry brush scrub, followed by a body wrap infused with locally blended herbal extracts, superheated to aid in detoxifying the body while calming the mind. Also includes a face massage.

**EUCALYPTUS STEAM BATH**—
Take a private steam with eucalyptus which is used to purify, cleanse, improve circulation, soothe nasal & bronchial passages, and rehydrate dry skin. Great for congestion caused from allergies and colds.

**NEW FOOT SPA PACKAGE**—
Pamper your feet with a mineral foot soak followed by a peppermint exfoliating foot scrub, a hot stone foot rub, and lastly a reflexology session.

**NEW SALT AND HONEY SCRUB**—
Invigorate your body with our all natural local sea salt and honey scrub that will leave your skin feeling incredibly smooth, nourished and cleansed.

**SIGNATURE ORIENTAL HOT ROCKS & SWEDISH MASSAGE**—
Enjoy a swedish massage that begins with heated river rocks that fit the contour of your back. Sustained pressure & radiating heat help tightness in deep muscles melt away, allowing the practitioner to release and relax musculature more effectively.

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<table>
<thead>
<tr>
<th>Student Rate</th>
<th>70 min $35</th>
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</tr>
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<tbody>
<tr>
<td>Advanced Student</td>
<td>70 min $40</td>
<td>100 min $60</td>
</tr>
<tr>
<td>Licensed Massage Therapist</td>
<td>70 min $60</td>
<td>100 min $80</td>
</tr>
</tbody>
</table>

* L.M.T. = Licensed Massage Therapist

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**NORTHERN UTAH CAMPUS:**
363 South 500 East, #100, SLC • 801-355-6300, ext. 1

**SOUTHERN UTAH CAMPUS:**
Paradise

20-30 min $22 or $17 combined w/ massage

NEW DETOXIFYING HERBAL BODY WRAP—
Begin with a rejuvenating dry brush scrub, followed by a body wrap infused with locally blended herbal extracts, superheated to aid in detoxifying the body while calming the mind. Also includes a face massage.

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**NEW SALT AND HONEY SCRUB**—
Invigorate your body with our all natural local sea salt and honey scrub that will leave your skin feeling incredibly smooth, nourished and cleansed.

**TIBETAN REIKI/ENERGY TREATMENT**—
This gentle hands on energy treatment relaxes body, mind & spirit while it awakens the core wisdom of your true self for healing deep within your soul.

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We accept: Visa • MC • AMEX • DISC
www.healingmountain.edu
www.healingmountainspa.com
AROMATHERAPY—
Choose from three therapeutic grade essential oils that will add restorative effects to your body and mind.
• $5 After the treatment the vial is yours to keep.

BODY BUTTER—
Upgrade your session with a rich, skin hydrating body butter for that extra smooth satiny feel.
• $5

NEW CRYSTAL CHAKRA BALANCING—
Utilizing the natural power of crystals through color in a specific geometric layout, aligned on the body’s chakra centers to balance energy of body, mind & spirit.
• $10

DRY BRUSH—
This gentle exfoliation treatment uses natural bristle brushes to renew, revitalize & nourish your skin for a healthier look.
• $10

NEW HOT TOWELS—
Enhance your massage with the sensation of hot towels on your feet, face and back. Warming, relaxing and calming to your body & mind.
• $5

ONLINE APPOINTMENT BOOKING & GIFT CERTIFICATES
Visit us at www.healingmountain.edu, or use your smart phone on the campus qr-code below.

SALT LAKE Clinic Hours
Monday - Friday 9:00 am - 9:00 pm
Saturday & Sunday 9:00 am - 8:00 pm
For Appts. Call 801-355-6800 ext 1

CEDAR CITY Clinic Hours
Monday - Thursday 9:00 am - 5:00 pm
Friday - Saturday 10:00 am - 6:00 pm
Sunday 12:00 pm - 8:00 pm
For Appts. Call 435-586-8222

Now that we have your attention, if you are interested in receiving $300 worth of massages from our school absolutely free, here is how it works:

If you know someone who is interested in going to massage school, and they attend Healing Mountain, and they graduate on time, just have them notify us when they enroll and we will show our thanks & appreciation to you with $300 in free gift certificates good for student massages and/or spa services after they graduate.

Healing Mountain offers a diverse, yet marketable curriculum. In addition to the standard massage therapy courses, our 900 hour program contains unique modalities like:
• Zen & the Art of Massage
• European Hydrotherapy & Spa Training
• Color Therapy using Crystals
• Prenatal Massage
• Lymph Drainage Massage
• Thai Yoga Massage
• Tibetan Energy Healing / Reiki
• Aromatherapy

These are all in great demand by employers, but rarely offered in most basic massage programs. You usually pay more for advanced courses. At Healing Mountain you get them all in one program @ one affordable price!

So, if you know a friend, family member, or co-worker who is thinking of changing professions to a rewarding career in massage therapy, send them our way and make sure they say you sent them. After they graduate on time, you’ll get $300 in massage or spa services as our thanks and they will get a quality education. For more details call our admissions department for our Salt Lake campus at 1-800-407-3251, ext 2 or Cedar City at 1-800-864-0012.