

Botanical Healing Arts and Massage LLC

Owner: Sara Holmes BS, RA, LMT, NCTMB

Work/home Phone: 217 253-2468 or **Cell phone:** 217 621-9103

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Massage services

Any of these may be scheduled for 30 to 90 minutes. Please call for additional pricing.

Therapeutic Swedish Massage – 1 hour \$50, 90 mins. \$70.

Deep Tissue Massage – 1 hour \$55.

“Sarasoma Relaxation” Custom Aromatherapy Massage - 1 hour \$55.

Light Touch Massage - 1 hour \$45.

Hot Stone Massage - 1 hour \$75.

Full body Aroma Massage - 1 hour \$ 60.

Hand and/or Foot Massage - 15 minutes, massage only \$15, with herbal foot soak \$25.

Chair massage - \$1 per minute (15 minutes is \$15) Can be done at a work site, meeting, etc.

Aromatherapy facial – 45 min. \$45. The finest essential oils and carriers for maximum benefits.

Massage and Aromatherapy for pediatric clients and those with chronic illnesses or other special circumstances. Please call me to discuss your needs.

Our promise

We promise superior client satisfaction and confidentiality.

We promise you will know that we believe every client is special.

I teach classes for health care professionals and am happy to share that knowledge of massage, aromatherapy and other therapies with my clients.

How to make the most of your treatment

If you have any preferences for music, lighting, etc, please let me know.

Following your massage, drink plenty of water throughout the day.

Be here on time so we can make the most of your scheduled time. If you must be late, please call. We will see you for the remainder of your scheduled time.

If you must cancel, please give us 24 hours notice so we can reschedule as soon as possible.

Keep me updated on your health and medications. I am happy to work with your physician, chiropractor or any other health professional to achieve the maximum benefit from your therapeutic sessions.

Sign up for our special email promotions and seasonal specials!

How we do business

Please arrive 15 minutes early for your first appointment to fill out the necessary paperwork.

Cash and checks are accepted.

Gift Certificates are available.

No visitors will be allowed during the massage unless it is the parent of a minor.

Minors must be accompanied by a parent or responsible adult.

No sexual misconduct or inappropriate language or gestures will be tolerated

Your patronage is greatly appreciated! If you have any questions or concerns please call or email me at the above numbers. I will respond as soon as possible.

Blessing and Good Health, Sara

See Sara's Sanctuary and Wellness Retreat on Facebook