

# MARLENEA LA SHOMB

As a mother of four, and grandmother of eleven beautiful grandchildren, having healthy families is a big passion for Marlenea. A licensed massage therapist / cosmetologist for 35 years, she is certified in lymphology, body mapping, chinese fire cupping, and a variety of other techniques. She is also a certified "health bounce" reboundologist on the mini-trampoline, a certified personal trainer, health coach, and writer for Natural Life magazine. Her most recent endeavor was studying for her Naturopathic degree and is the founder of the Brain Gym Circuit, focused on increasing brain function. After all, what's healthy for your brain is also good for the rest of your body! Marlenea's favorite past times include quilting, organic gardening, and horseback riding.

## **MASSAGE (\$50 for 30 minutes, \$100 for 60 minutes, \$150 for 90 minutes)**

Our **Good Old Fashioned** massage energizes as it relieves stress, stiffness, aches, and pains while drawing upon a variety of techniques with your choice of pure essential oils. Add a much needed **Alignment Massage** putting the rhythm back in your walk while balancing the nervous system, feels great! **Hot River Rocks** from our very own Yellowstone River give a deep, penetrating warmth or cleanse/renew with Marlenea's favorite Spa Rx full body **Sea Salt Glow!** (Bring your swim suit for the 3min. hot tub soak)

## **ULTIMATE FOOT or HAND MASSAGE**

**(\$50 for 30 minutes, \$100 for 60 minutes, \$150 for 90 minutes)**

**For families/ groups, cost will be split among participants**

**Allow 10-15 minutes per person**

Great for cold, tired, and achy hands or feet. Starts with a sea salt scrub and soak, followed by a pure essential oils massage that leaves you walking on air!

## **AURICULAR MASSAGE (\$50 for 30 minutes)**

From the international college of Chinese medicine, this ancient, self-help massage on the ear that re-aligns the spine, our very own human instrument. Utilizing perfect-pitch tuning forks from the Brimhall Brain Institute bringing the body back into balance along with an oil blend for hearing and eyesight.