

Wellness Services

A 15 or 20 minute chair massage will now be offered at Brightside Counseling as an alternative addition to your counseling session to reduce stress, and help with anxiety and depressive symptoms.

*For those with health conditions such as osteoporosis, rheumatoid arthritis, clotting, or cancer, and other major health concerns, please contact your Primary Medical Doctor for health clearance prior to scheduling an appointment.

Massage/Reflexology/ Reiki Costs

15 min chair massage.-	\$15
20 min. chair massage -	\$20
30 min. massage/Reiki-	\$30
60 min. massage/Reiki -	\$60
90 min. Thai Massage-	\$100
30 min. Reflexology-	\$35
60 min. Reflexology-	\$65

Call Brightside Counseling Services 783-0407 for details or to schedule an appointment for counseling or other wellness services.

Finding balance between mind, body, and spirit.