

About Doris Rossiter

Following her passion for wellness and healing, Doris learned massage therapy while still in the business world and has been a therapeutic massage therapist since 2004. In her quest to enhance services for her clients, Doris later went to study with the founder of the International Institute of Reflexology in St. Petersburg, Florida. There, she learned the ancient Egyptian and Indian arts of healing – this holistic approach has helped her bring relief to many a client.



Massage Therapist

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REFLEXOLOGY & MASSAGE THERAPY
D O R I S R O S S I T E R S



FOOT/HAND REFLEXOLOGY AND THERAPEUTIC MASSAGE

Massage Therapist

DORIS ROSSITER, LMT



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\$5.00 OFF
ONE HOUR
SESSION

New client coupon

FOOT & HAND REFLEXOLOGY

About Reflexology

Originating from the ancient Egyptian and Indian healing arts, reflexology is a safe and therapeutic method that promotes good health and wellness. Pressure points stimulate reflexes / meridians in the feet and hands that are directly connected to the body's corresponding glands, organs, and parts of the body. Stimulating these reflexes properly sends a surge of energy to the corresponding gland, organ, or body part, and helps many health problems in a natural way – a type of preventative maintenance.

Benefits:

- promotes homeostasis (balanced body)
- relieves stress and anxiety
- stimulates blood circulation
- relieves pain
- prevents illness and injury
- promotes unblocking of nerve impulses
- relieves acid reflux
- alleviates bladder issues

THERAPEUTIC MASSAGE THERAPY

Benefits:

- promotes relaxation
- relieves anxiety
- assists in managing pain for chronic conditions
- increases circulation
- boosts immune system
- reduces or relieves migraines and headaches
- lessens sciatica and piriformis syndrome
- eases back pain
- relieves rotator cuff or shoulder pain
- helps to release neck pain and spasm

REFLEXOLOGY RATES:

- 30 Minute Session \$35
- 60 Minute Session \$55

MASSAGE THERAPY RATES:

- 30 Minute Session \$35
- 60 Minute Session \$55
- 90 Minute Session \$70

**Gift Certificates
and Packages
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