

PEAK HOLISTIC

Healing Alternatives for Wellness and Fitness
343 S. St. Vrain Ave. -Suite #10- Estes Park, CO

Special Introductory Offers

- **Reiki/Reflexology**. Relaxing, Rejuvenating Healing 1.5 Hr. treatment session w/Nathalie & Gianna. (\$105. value) - **\$85.**
- **Intuitive Energy/Bach Flower Remedy**. Holistic Wellness & Emotional Healing 1.5 Hr. consult w/ Gianna & Serena. (\$130. value) - **\$95.**
- **QiGong Classes, one month** w/Gianna. (\$48. value) - **\$36.**

Our Staff

- Nathalie Donchery, IRI certified reflexologist- BioMagnetism/Reflexology.
- Serena Rappel, wellness consultant- Bach Flower Remedy/Essential Oil Consultations.
- Gianna Settin, PhD, RMT, Reiki Shihan- Reiki/Energy Healing/Qigong&Meditation/Healing Dance™.

CONTACT:

Nathalie - 970/ 443-7951

Serena - 970/ 219-2683 EstesParkYoga.com

Gianna - 970/ 685-0008 AvantiHealingArts.com

PEAK HOLISTIC

Menu of Services

(alphabetically listed)

<u>Bach Flower Remedy Consult (45 min.-Serena)</u>	<u>\$45.</u>
<u>Biomagnetism (90+ min.- Nathalie)</u>	<u>\$50.</u>
<u>Essential Oil Consult (45 min.- Serena)</u>	<u>\$45.</u>
<u>Healing Dance/Moving Meditation(50 min.- Gianna)</u>	<u>\$50.</u>
<u>Heart Chakra Crystal Balancing (45 min.-Gianna)</u>	<u>\$45.</u>
<u>QiGong /Meditation Group Class (1 Hr.-Gianna)</u>	<u>\$12.</u>
<u>Reflexology (50 min.-Nathalie)</u>	<u>\$50.</u>
<u>Reiki (1 Hr.- Gianna)</u>	<u>\$60.</u>
<u>(Or Reiki 3 session offer, save \$35.00 (limited time only)</u>	<u>\$145.</u>
<u>Reiki Plus Intuitive Energy Consult (75min.- Gianna)</u>	<u>\$75.</u>
<u>Reiki Training Classes - Level I: 1st Fri.of month;Level II: 3rd Fri.;</u> <u>Advanced/Teacher Level privately - see Gianna's website for information.</u>	

One dollar from each of our sessions is donated to our charity of the month box. It adds up! All are welcome to contribute. Ask us for details.

COMING SOON: Full Listing of Products for Sale at PEAK HOLISTIC