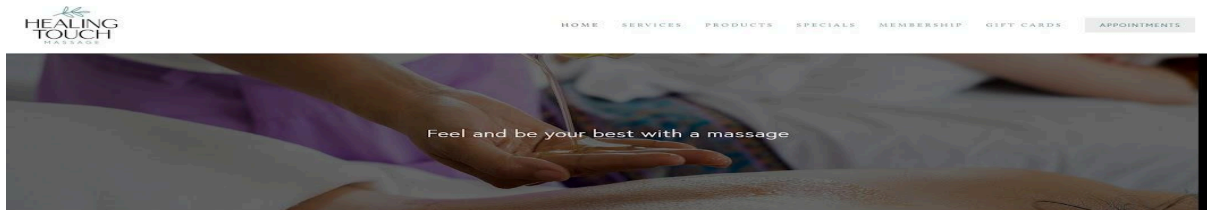




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Located across the street from the old Fox & Hound on University Drive in College Station. Call us to book a time to feel your best.

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Great massage! Very welcoming environment! Highly professional...
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Teresa suggests you use A Healing Touch See More

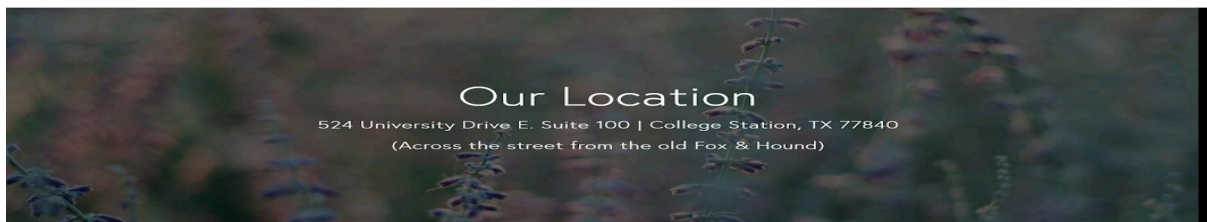
2/12/20
Lund Moore gave A Healing Touch a 5 star Rating on Google

1/31/20
Dalton Strongly Recommends A Healing Touch See More
Dalton L gave A Healing Touch a 5 star Rating

2/11/20
Tonya is very excited to recommend A Healing Touch See More

2/10/20
Tonya R gave A Healing Touch a 5 star Rating

2/11/20
Went in very stiff and sore. Allison was amazing! She asked what was hurting, made adjustments to accommodate and was very thorough. Feeling much better with a lot more range of motion in...



OUR SPA POLICY:

We ask that all new clients arrive 15 minutes before their appointment time to fill out the required paperwork. If for some reason you need to cancel, we ask that you do so 24 hours before your appointment to avoid the \$25 cancellation fee. We also ask that your children DO NOT accompany you to your appointments to avoid taking away from your time of relaxation. These policies are to maximize your experience without inconveniencing you or our staff.

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A HEALING TOUCH MASSAGE & SPA, 524 UNIVERSITY DRIVE EAST, COLLEGE STATION, TX, 77840 979.694.1999 AHTBCS@GMAIL.COM

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Right now would locate an exhaustive rundown of excellence oils utilized for facial treatment; attempt a mix of these following fixings in your facial. For best dry skin facial Include basic oils for additional restorative advantages, for example, chamomile, lavender, [Massage Places Near Me College Station](#) peppermint or rosemary.

On the off chance that your skin is Oily, best facial could be comprised of basil, eucalyptus, lemongrass, ylang. Typical skin; rose, geranium, neroli."

Thinking about the delicacy of the facial tissues, follow the facial back rub strategies and utilize little weight.



You will require a base oil of cold squeezed vegetable oil. Around 1 teaspoon in little clean bowl will be adequate for a solitary back rub.

Pour your oil or oil mix onto the palm of your hand. Rub your hands together and apply all over your face and neck.

There are bunches of facial back rub methods, kneading all aspects of your face comprise of various system inside and out. Here we start with the temple for best facial treatment

Brow:: Begin in the brow making little roundabout developments out towards the sanctuaries. Rehash multiple times.

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Eye:: From your sanctuaries, float your pointers over your temples and circle your eye attachments. The weight ought to be light. Rehash twice.

Nose::For the back rub of nose, slide your finger downwards step by step from each side of your nose beginning from tip and downwards, rehash the procedure a few times for the best outcomes.

Mouth:: utilize your forefinger and start at the jawline, tenderly continue in round movement towards the lips and mouth. In same style, bring the movement towards the mount and under the nostrils. For best outcomes rehash it multiple times.



On cheeks:: start with slow round movements upwards beginning from the jaw close to your ear cartilage. Back rub start from corners of the mouth to the center of the eyes and steadily continue towards to the nostrils, at long last upward development toward the sanctuaries. Rehash it twice delicately for the best outcomes for your hand crafted facial treatment.

Jawline:: Begin with your correct side abut region of your face close to ear projections. Use thumb and forefinger, tenderly coast it through the jaw to your jawline. Back rub to and fro in roundabout movements. Rehash on the left side. Rehash multiple times each side for the best back rub treatment.

Neck:: begins from the rear of the neck, propped up upward bit by bit towards the head with little round movements. For best facial back rub, rehash this in any event multiple times with fragile and controlled way. From that point forward, start around the front of the neck and tenderly slide down your stroke upwards from the collarbone to the base of the jaw. For best facial back rub of neck, rehash multiple times in any event.

look for Shade - suns beams are the most grounded between 10 am and 4 pm. On the off chance that your shadow is shorter than what you are - look for conceal.

Secure youngsters - wear suitable dress, apply a sunscreen.

Be additional wary close to water, day off sand. Hello reflect harming beams of the sun, subsequently the odds of getting burn from the sun are more.



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Abstain from Tanning Beds.

Have enough Vit. D supplement. Delayed utilization of sunscreen meddles with Vit D creation, prompting its inadequacy. Henceforth it is prescribed to invest limited quantity of energy in the sun without sun security. This encourages Vit. D creation.

Check your skin continually. On the off chance that you notice anything changing, developing or seeping on your skin look for help from a dermatologist.

Contact Us

A Healing Touch Massage & Spa

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College Station, TX 77840

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Email: ahtbcs@gmail.com

Yelp: <https://www.yelp.com/biz/healing-touch-massage-college-station>

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