



Dynamic Yoga & Fitness Studio

by Yoga 4 Love

# Dragonfly Spa



## Services &

## Rates



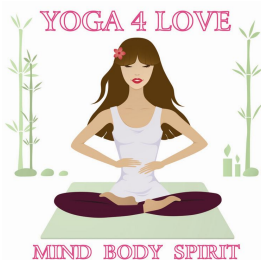
**~By Appointment Only~  
Weekdays, Mornings,  
Evenings and Weekends  
available!**

**Yoga4Love.net**

To schedule:

**469.437.1334**

**instructor@yoga4love.net**



**Dragonfly Spa is located inside:**

**Dynamic Yoga**

**558 Bluebird Lane**

**Red Oak, TX 75154**

## Meet Our Therapists...



### Lisa Ware, RYT

Founder of Yoga 4 Love, owner of Dynamic Yoga and a Reiki Master, Yoga Instructor, Wife, mother and Cosmetologist. She has studied Energy healing for over a decade and is motivated by helping people gain health & enriching their mind/ body/ spirit connection. Peace. Love. Light.

### Kristi Richards, LMT



Massage is NOT a luxury but a necessity to balance what we do to our bodies on a daily basis. Her goal is to make massage enjoyable and affordable so that people can get them more often and truly benefit from what massage can offer. Universal Love.

**Expanding Our Horizons...**

**Inspiring Positive Change**

**Printable Gift  
Certificates**



## Spa Memberships

### Dragonfly Spa 3, 6 or 9 month

**Two 60 minute Spa services per month;**  
Any service on the spa menu:

**Massage, Reiki, Zen Thai Bodywork, Detox  
Foot Spa, Facial, Pre-Natal, Trigger Point,  
Medical Massage.**

**Hot Stone Massage~** available as an add on!

**6 Month Membership~**

Receive a 1 hour Gift Certificate

**9 month Membership~** receive TWO 1 hour  
Gift Certificates! **Prepay and SAVE! 5% off a 6  
month; 10% off a 9 month!**

### Dynamic Essentials + Spa Membership

**One class per week;** any class on the schedule  
from Sunday- Saturday; may try a different class  
each week!

Benefits include: discounted classes, pre  
notification of all sales, workshops and retreats.  
**PLUS + Includes One Spa or Massage service**  
per month OR

**One Private Yoga Lesson** per month with Lisa

# Dragonfly Spa Service Menu

Share the love with a family member or friend!

Book online or call 469.437.1334

## Swedish Massage 30 min.~ \$35

Classic massage that can be combined with other bodywork for a customized experience.

1 hour~ \$50

1.5 hour~ \$70

## Chair Massage

Acupressure style massage blended with some Swedish strokes, done seated in a massage chair.

\$1 per minute

15 min. max,

Table recommended after 15 min.

## Hot Stone Massage

A massage done with heated basalt stones. Recommended for deep tissue release and sports therapy with many other benefits.

1.5 hour~\$85

Add on as heat therapy~ \$10

## Trigger Point Therapy

Knock out those knots with a gentle and healing touch! You'll be so glad you did!

1 hour~ \$50

Add on~ \$10 per 10 min.

## Reflexology

Focused massage of the hands and/or feet to stimulate the body's natural healing ability.

45 min.~ \$45

Add on Hands~ \$10

Feet~ \$15

## Reiki

A gentle bodywork technique that reconnects and balances the energy of the body, mind and spirit. Safe and completely non invasive. Client remains fully dressed on the table.

45 min- 1 hour  
~Love Donation,  
Based on an hour  
massage

## Thai Bodywork

A form of Yoga Therapy that combines rhythmic movement, assisted Yoga poses and acupressure along energy meridians, healing energy work and meditation.

75 min.~ \$65

## Medical Massage~

Kristi holds a specialty certification in Medical Massage. Great for Fibromyalgia / Arthritis and much more!

1 hour~ \$50

1.5 hour~ \$70

## Pre-Natal Massage

A Swedish Massage customized specifically for the expectant mother.

1 hour~ \$50

1.5 hour~ \$70

## Waxing

Customized eye/lip enhancement, makeup looks smoother and flawless.

Eyebrow-\$15

Lip-\$5

## Ear Candling

A relaxing technique to help relieve sinus pressure and clear any blockages in the ear. Enjoy 30 min. relaxing and resting, 15 min. each side, while closely attended by your therapist.

30 min.~ \$25

## 5 Day Tea Detox

A 5 Day at home program combining nutrition and recipes and coaching Includes: All recipes, teas, Juice Plus Whole Food Capsules, Shopping List and instructions, plus coaching included.

\$40.50, made to order

## Facial

A lovely multi -step process for achieving a wonderful complexion and deep relaxation. We utilize only all natural + pure, safe and beneficial skin care products.

45 min.~ \$45

## Detox Foot Spa

Soak your feet in our lovely Foot Spa and SEE for yourself what toxins are drawn into the water. You will be amazed at how good you feel.

30 min.~ \$30

Printable Customizable Gift Certificates Available Online!

Other Services available:

**LiveLoved Lifecoaching  
And Energy Work**