

# Maya Massages & Facials

~ Amalia Ixmale Forest ~



*The effectiveness of healing from relaxing massages has been recorded since very ancient times. The Maya know that massages are a form of deep treatment which rebalance our inner systems & release muscular tension & fatigue, thus reviving our subtle energies. The strength & fragrance of essential herbs enhance the power of healing & serve to harmonize the emotions, the mind, the body & spirit.*

Amalia returns to the USA this fall of 2016 & warmly invites you to experience her special Maya massages & rejuvenating facials. Red Wind Councils of Boston & Santa Fe are happy once more to host Amalia Ixmale, 4th generation Maya "Sobandera" (masseuse/healer). Continuing the hands-on healing traditions of her Maya father, Eliberto & his grandmother, Amalia's great skills bring relief & renewal for deep healing & replenishment of your body & spirit.

## Amalia offers:

**Deep Maya Massages:** Relaxing, regenerative & restorative. \$75 for 1 hr & 10 min

With a choice of a full Massage &/or specific body areas, the treatment is made with special high-quality **Maya balms & oils** such as: karite & coconut oils, aloe vera, calendula, arnica, spruce & pine, lemon grass & myrrh, basil, rosemary, clary sage & lavender.

**Anti-Aging Facials:** Rejuvenating, hydrating & purifying. \$55 for 60 min

All Maya Facials include a Mexican Nopal exfoliation, your choice of Facial, & a Honey/Rose facial cream with a light massage to end your treatment. Make your choice of the following facials:

### 1) Maya Chocolate Mask w/ Grapeseed Oil & Honey

**Benefits:** An anti-oxidant & soothing mask which lifts your spirit, rejuvenates your skin & helps with cellular oxygenation. It detoxifies & firms up your face for a smooth, glowing look.

### 2) Maya Clay Mask w/ Olive oil, Honey & Herbal essences

**Benefits:** An anti-oxidant mask which provides deep nourishment & hydration for tired skins. It cleanses pores for a purified, fresh look. Your choice of herbal oils are Basil, Rosemary, Rose, Sage or Lavender.

### 3) Mexican Avocado Mask w/ Yogurt, Honey & Lime

**Benefits:** This wonderful mask helps improve dull skin & enliven your skin tone. It is deeply nourishing, clarifying & hydrating.



Treat yourself to Amalia's soothing & rejuvenating Massage & Facial treatments!

**Facials for Men & Women / Massages for Women Only**

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