



SUMMER 2022



Good Life Acupuncture & Holistic Therapies

Services Menu

Acupuncture
Akashic Records Readings
Animal Communication
Chinese Medical Massage
Cupping
Holistic Nutrition
Homeopathy
Life Coaching
Massage Therapy
Psychic Intuitive Readings
Reflexology
Reiki Healing
Richway Amethyst Biomat
Shiatsu
Thermography
Tuina



Every summer has a story ... what will yours be?

Summer has always been a time where we unplug, unwind, rev up, explore, create and make memories. Being so busy can make it easy to be pulled in multiple directions as you maximize every minute of these fast moving days of summer.

Remember to prioritize your own self care as you take care of all the summery fun details for you and everyone else! Good Life is your self-love oasis. We make it easy. Book your summer sessions now!



CHINESE MEDICAL MASSAGE

Our Chinese Medical Massage is a one-of-a-kind healing art only offered at Good Life Acupuncture & Holistic Therapies.

We've combined traditional Eastern medical theory and techniques along with topical Chinese herbal therapy with traditional western muscular massage and bodywork therapies.

This targeted therapy is for chronic and acute muscular-skeletal conditions that have failed to improved or other treatment approaches have plateaued. Generally, a course of treatment is between 1-3 sessions. This is usually enough to improved and shift your baseline permanently. Each session is unique and customized. You will not find a one-size-fits-all approach here!

Sessions are 40 minutes and just \$75.



Available June through August only
Focus Massage Therapy Sessions
\$70 / 45 minutes

Head, Neck & Shoulders

If your neck is so tight like your body can no longer support your head, this session is for you. For those of you with your shoulders permanently shrugged up towards your ears and you've forgotten how to relax them, this is for you. If the back of your head and neck muscles make you feel like your head isn't on straight and you can't think or get chronic headaches, this session is for YOU. Specialized massage techniques (think trigger point and myofascial release) combined with calming aromatherapy, Chinese topical herbs and gua sha is combined in one session to release tension & stress. Let's get your head back on straight!

Legs & Feet

Do you work on your feet all day? Are you someone that never sits down, is always moving? Are you a runner or committed to the gym for your own sanity? Do you have children that you are constantly chasing after or driving around? Do you suffer from restless leg syndrome or leg cramps? This comprehensive massage session combines classical Swedish massage therapy along with reflexology, tuina therapy, and invigorating aromatherapy oils to energize and rebalance your lower extremities. We'll make it easier to keep on running!

We Shiatsu. Do You?

ASIAN BODYWORK THERAPY



Shiatsu sessions are offered Monday through Thursday and some Saturdays by appointment only.

Be sure to check out Jill's signature Shiatsu sessions.

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

All Shiatsu sessions provided by Jill Chapman. Jill has been in private practice since 2008 and graduated from the Acupressure Therapy Institute in Quincy, MA. She is an Asian Bodywork Therapist with certification by the American Organization for Bodywork Therapies of Asia (AOBTA) in Acupressure Shiatsu.

As part of her shiatsu practice, she often incorporates magnet therapy, gua sha, sotai exercises and sometimes Chinese Cupping and moxibustion in her treatments. Unlike most shiatsu therapists, Jill utilizes a body support cushion to provide further comfort and support for her clients while treating the back, shoulders and various yang meridians.

Although she treats many various health issues she has particular success in relieving neck and joint pain, anxiety, headaches, plantar fasciitis and is passionate about helping clients heal from grief and trauma.



Customized Shiatsu Sessions

\$ 50, 30 minutes

\$ 50, Cupping Plus: 30 minutes

\$ 75, 60 minutes, includes intake & treatment plan. The most popular & recommended.

\$110, 90 minutes, plus extra attention to problem areas. Includes intake and treatment plan.

Kids & Teens:

\$ 40 Youth Sessions, customized 30-45 minutes for kids 6 - 13 years old

\$ 40 Cool Kids Private Sessions, ages 8-12, 45 minutes

\$ 55 Teen Sessions, customized, 60 minutes for students 9th - 12th grade

Specialty Shiatsu Sessions, 30 minutes, \$45

- Happy Feet Shiatsu
- Top Notch Shiatsu (head & neck)
- Weight of The World (back & shoulders)
- Healing Heart (for grief, loss & trauma)
- Acupressure Facial

PACKAGES:

\$105 Youth or Cool Kid Sessions, 3 pack

\$150 Teen Session, 3 pack

\$350 Package of 5 (adult), 60 minute customized sessions

Massage Therapy



AVAILABILITY

Massage therapy is available by appointment only on Mondays, Wednesdays, Fridays and some Saturdays.

Styles & techniques offered are: Deep Tissue, Swedish, Prenatal, Geriatric, Sports/Therapeutic, Oncological, Myofascial Release, Trigger Point, Raindrop Therapy, and our one-of-a-kind Chinese Medical Massage. Cupping also available.

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

FEES

90 minutes: \$125
60 minutes: \$ 85
45 minutes: \$ 60 (youth sports only)
40 minutes: \$ 75 medical massage only
30 minutes: \$ 50

Different or additional fees may apply for specialized massage sessions such as oncology, raindrop, and others.

**Schedule Your Next Session
On-line!**

<https://www.schedulicity.com/scheduling/GLA6DJ>



Beverley helps individuals achieve personal empowerment. Her work focuses on enabling YOU to incorporate confidence and strength of self, making meaningful and appropriate changes in your life while moving forward. We all have purpose, a higher calling and a path that is uniquely our own. Beverley is your biggest cheerleader and support person for figuring it all out. Whether you're 20 or 80, self fulfillment is always an attainable and worthwhile goal.

AVAILABILITY

In-person sessions available Mondays and Fridays by appointment. Phone and zoom sessions available Mondays, Wednesdays, Fridays and Saturdays.

FEES

Initial Visit, 90 minutes: \$140
Follow-ups, 50 minutes: \$95

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

In the depth of winter
i finally learned that
there was in me an
invincible summer...





SHIATSU SUMMER STYLE

ASIAN BODYWORK THERAPY WITH JILL CHAPMAN

The Shiatsu Experience

On Saturday, June 11th from 10-2, sign up for a \$20 15 minute sessions to see if shiatsu is for you!

We all need to find the healing modality that resonates with us. For some people it's massage, for others it's reiki or acupuncture but many people have never tried shiatsu and are hesitant about what it can do. It's not just about enjoying an hour of relaxation, although that certainly helps; Shiatsu *works*. Like acupuncture or chiropractics, we address specific conditions with a series of treatments and it's rarely a "one and done" situation. Retraining your qi and sometimes trying to undo years of illness takes time!

If you think you'd like to start by trying shiatsu, sign up for this event by calling or texting Jill at 978.821.3284.

Have you tried the Acupressure Facial?

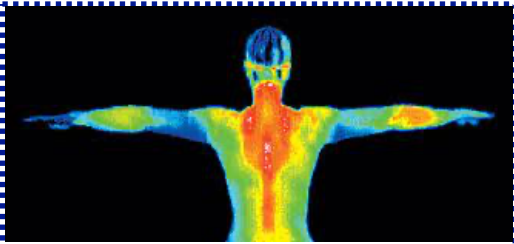
Experience 25 minutes of happiness as your entire face receives love and attention. Focus on jaw tension, sinus pain or head tension if it's needed or simply come for the glow of it all when you're done! Revives, rejuvenates and makes you wonder why you've never done this before.

\$45

Shiatsu Referral Incentive

If you know someone who would vibe with it, please send them my way! As thanks, I'll hook you up with a free 30 minute session!





Thermography

Our thermography clinics are offered by Sue Saari of Metrowest Thermal Imaging (MTI). Sue brings more than 30 years of experience in health care and health education to her patients.

This non-invasive diagnostic technique allows examiners to visualize and quantify changes in skin surface temperature. Since there is a high degree of thermal symmetry in a normal body, subtle abnormal temperature asymmetries can be easily identified, thereby making it easier to diagnose, evaluate, monitor and document a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. According to Saari, early detection allows practitioners to look for the root cause, treat the underlying disturbance and restore balance. “Good health requires one to be proactive,” she says.

Sue receives ongoing advanced training from Pam Ryerse, one of the teachers with the most extensive experience in clinical thermography in the country. Using the highest quality digital thermal imaging camera available. These scans are then read, interpreted and reports compiled by board-certified medical doctors. Thermography services include breast



2022 Thermography Clinics

June 21
July 19
September 16
October 4
December 5

screening, region of interest screening, and half- and full-body scans in a caring, respectful and compassionate manner.

MEET SUE SAARI

Metrowest Thermal Imaging (MTI) is owned and operated by Susan Saari, a licensed acupuncturist, Chinese herbalist and certified thermographer, will be coming to Good Life Acupuncture to offer her thermography services. She brings more than 30 years of experience in health care and health education to her patients.

MTI aims to work with clients and their practitioners to prevent disease and create vibrant, sustainable health and well-being. MTI offers digital infrared thermal imaging (DITI), a proactive screening tool that helps people detect early changes in their physiology and track the efficacy of their treatment choices, without any radiation, compression or pain.

HOLISTIC NUTRITION



AVAILABILITY

Holistic nutrition & coaching services are available in office on Wednesdays and Fridays with Vanessa Mincolla. Vanessa also sees clients at Mark Mincolla & Associates in Braintree on Tuesdays and Thursdays. Phone and zoom consultations available.

FEES

60 minutes: \$150
45 minutes: \$112
30 minutes: \$ 75

LIVE LIFE HEALTHY

Click here to schedule online:
<https://www.schedulicity.com/scheduling/GLA6DJ>

HOMEOPATHY



SAFE NATURAL AND HIGHLY EFFECTIVE TREATMENT

AVAILABILITY

In-person appointments are available Mondays and Tuesdays. Other weekdays and Saturdays available upon request. Zoom and telephone appointments available.

By appointment only.

FEES

Full Consultation, 2 hours: \$225
Follow Ups, 30 minutes: \$95
Immune Session, 30 minutes: \$95
Acute Consultation, 15 minutes: \$45
(existing clients only)
Acute Consultation - New Clients, 60 minutes: \$95
Feline or Canine Consultation, 30 minutes: \$75

HOMEOPATHY



Restoring health naturally



Introducing ... Amy Heffernan

I live in Easton, MA with my husband and two bunnies. I have been a lifelong empath and intuitive, however after the sudden passing of a good friend in 2010, new spiritual gifts came to the forefront for me. Channeling messages from passed loved ones and heightened psychic abilities

quickly became the norm for me. It was around this time that I embarked on my spiritual journey to learn more about myself and the gifts I had been blessed with.

I began by following an interest in energy work and was attuned to Reiki. This significantly changed my life, as it greatly opened my channels to receiving more messages from Spirit to include Angels and Ascended Masters and guides. Reiki also taught me the power of working with crystals. I discovered I loved helping people by performing Reiki and by delivering messages received during a session. I immediately saw the potential healing benefits of connecting people to Spirit's Light and messages from Angels or guides. This spurred me on to continue my journey through self-study and formal classes, to explore other spiritual and energetic modalities. I was and still am excited to grow and learn more. Both to better understand myself and to best position myself to help others on their own journeys. While studying Akashic Records, I found MY soul's path. To help others navigate the ups and downs of life and to guide people to understand their soul's blueprint and life's purpose.

I believe that with an open mind and heart, understanding and healing is possible on all levels – body, mind, soul and spirit. Each session with a client (or their animal friend) is customized, based upon their needs and individual goals as well as guidance I receive from Spirit. My passion is to help clients speak their soul's truth and encourage them to shine their sparkling light!

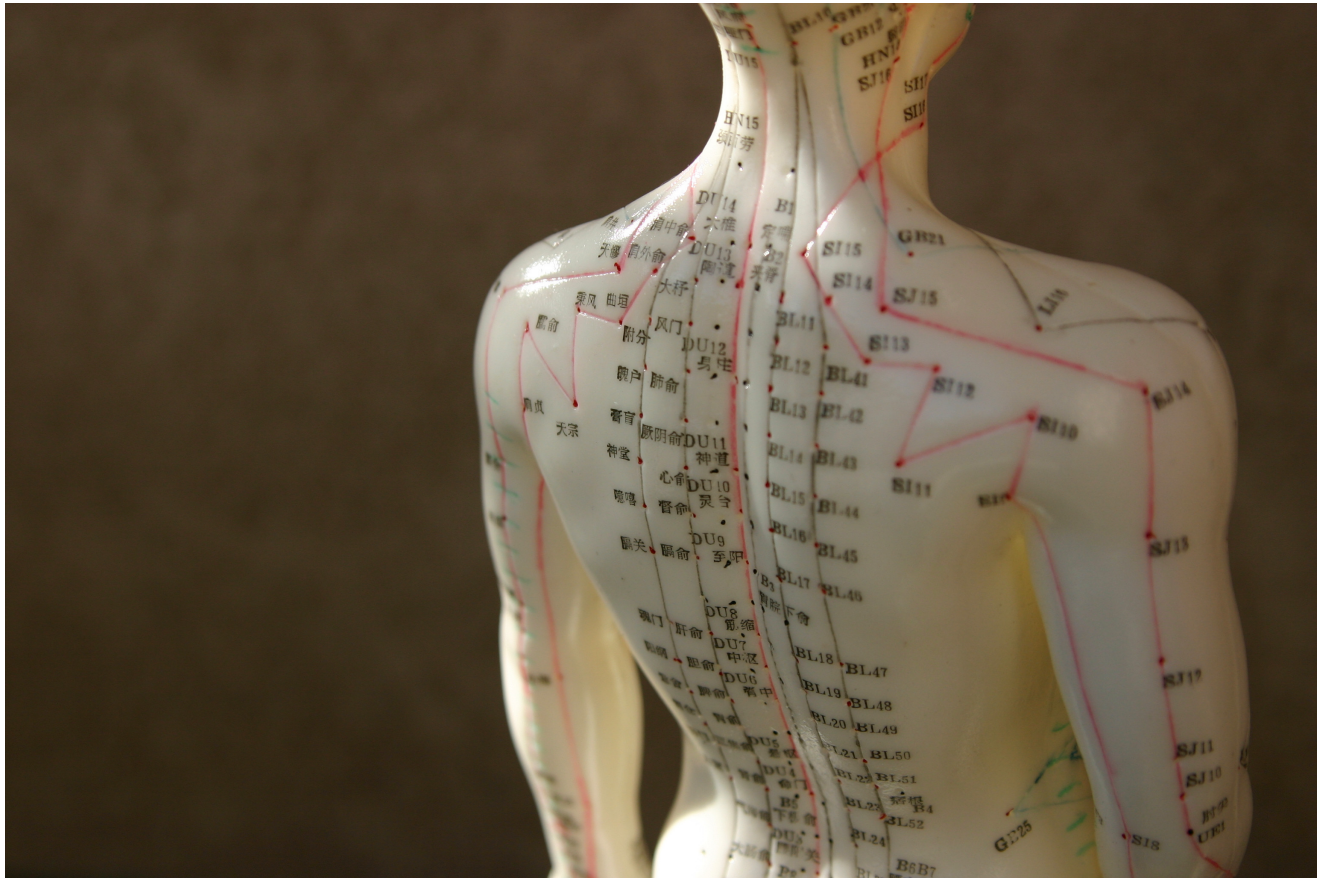
I am happy to offer the following services and readings at Good Life:

- Reiki
- Akashic Records Readings
- Psychic Intuitive Readings
- Communicating with Spirit Guides
- Animal Communication



Website: thesparklinghealinglight.com

Email: amy@thesparklinghealinglight.com



Acupuncture available by appointment only.

Initial Visit, 90 minutes: \$129.

Follow ups, 45 minutes: \$ 70.



Great Mystery,
Teach me how to trust
My heart,
My mind,
My intuition,
My inner knowing,
The senses of my body,
The blessings of my spirit.
Teach me to trust these things
So that I may enter my
Sacred Space
And love beyond my fear,
And thus Walk in Balance
With the passing of each
glorious Sun.

Lakota Prayer

S. Cummings