

“Our bodies have an innate ability to self correct and heal naturally. Holistic Therapies enables you to take a proactive approach to your health and well being, often producing results unmatched by traditional medical care”

Kimberly’s focus lies within the family structure providing support in health, happiness and well being by creating a pain and worry free life style: peace being the result.

Gift Certificates

Certificates are available in any denomination.

Chair Massage

Provide relaxing treatment at your next corporate event, worksite, office, trade shows or special social gathering.

Cancellation Policy

It is understandable that there may be times that you may have to cancel or reschedule your appointment.

~ Please, give 24-hour notice to avoid being charged for the appointment.

~ There maybe times that you arrive late for your appointment, however you are still responsible to pay the full amount and will receive the remaining time of your treatment.

If in the event you do not arrive for your appointment at all, your appointment will be charged the full amount. If you have made an appointment with a Body-Oasis Gift Certificate and do not show up for your appointment, that Gift Certificate will be forfeited.

This is standard office policy and we cannot allow exceptions. Thank you for understanding.

Menu subject to change without prior notice

Refer to website for a more in-depth description of services

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Body

Oasis



Results oriented holistic health care in a private setting

Educator and holistic practitioner, Kimberly Savoie has developed a unique blend of alternative health care modalities to complement your existing plan of care. Her studies include the following:

- Muscular Therapy
- Aesthetics
- Personal Training
- Ministry
- Craniosacral Therapy
- Ashiatsu Bar Therapy
- Yoga Teacher Training
- Reiki
- Reflexology
- NCBTMB Approved Provider

Please mail, hand or place completed form near my office. I will contact you soon. Thank you

Looking for Services for:	I'd Like to Improve:	Circle if it applies
<input type="checkbox"/> Myself <input type="checkbox"/> Husband <input type="checkbox"/> Child	<input type="checkbox"/> Energy Level <input type="checkbox"/> Outlook on Life <input type="checkbox"/> Mindful Living	Autism A.D.D. & A.D.H.D. TMJ Syndrome Arthritis Asthma Fibromyalgia Skin Conditions Insomnia Speech Disorders Ear Infections Back/Neck Pain Failure to Thrive Learning Disability Carpal Tunnel Inflammation Colic Impaired Immune Digestive Disorders Emotional Problems Incoordination Headaches/Migraine Sensory Disorders
Massage Therapy Needed for: <input type="checkbox"/> Pain Relief <input type="checkbox"/> Headaches <input type="checkbox"/> Relaxation	Aesthetics Needed for: <input type="checkbox"/> Anti-Aging <input type="checkbox"/> Acne <input type="checkbox"/> Pigmentation	
Name _____		
Child's Name _____		

P.O. BOX 4814 . HILTON HEAD ISLAND
 SOUTH CAROLINA, 29938

Hilton Head Island Massage Therapy

Par or Pamper

Par 4 Excellence

Specially designed to treat and/or prevent, medial epicondylitis; otherwise known as golfers elbow or a repetitive strain injury. Myofascial release, trigger point and neuromuscular therapy will be used to allow muscles to operate more efficiently, aid in better performance and to give you an edge on the course. Beneficial if you plan to play the next day. 85 : 50 min

Tennis Pro Advantage

Specially designed to treat and/or prevent, lateral epicondylitis; otherwise known as tennis elbow. Refer to Par 4 Excellence. 85 : 50 min

The Great Islander Escape

Long flowing Esalen like Massage techniques melt away every bit of stress and restore your sense of balance and well-being. This is the type of session where there is minimal talking to ensure absolute & complete relaxation. 90 : 50 min
120 : 80 min

Ahh-Shiatsu Body Paradise

'Ashi' means foot and 'atsu' means pressure points. This facilitates a deep muscle flush, deeper relaxation of the muscles and nervous system, release of lactic acid and metabolic waste at deeper levels than table massage, release of deep trigger points and deep adhesions that impair full muscle range and function. Pressure applied to your comfort level. 110 : 50 min
130 : 80 min

Sun Set Body Tune-Up

Complete your day with a massage designed for the active adult and athletes. Smooth away tight, sore, shortened and/or contracted muscles for peak performance A blend of Swedish and

deep tissue massage to alleviate discomfort from neck, shoulders, back, foot, lower back, thigh, calve, ankle, hip and buttock 110 : 80 min

The Back Bay

Free yourself from that nagging discomfort and restore balance once again. A massage designed specifically for people who are in front of their computer all day or who hold tension in their back, neck, and shoulders. 80 : 50 min

The Quick Getaway

This treatment is for those new to massage or short on time but in need of stress relief. Treat yourself after a facial or on lunch break then return to your busy life feeling renewed. 40 : 25 min

Mother -To -Be Massage

It is your turn to be babied. A caring massage for the second trimester of pregnancy. This massage is designed to promote relaxation of fatigued muscles of the lower back and legs, improving blood oxygenation and circulation, while giving respectful care and special attention to you and your baby. 80 : 50 min

After Sun Down Scalp Massage

Drift away in the currents of complete serenity with the scent of lavender filling the air and the stress of the entire body melting away. 40 : 25 min

Sea Breeze Yoga & Massage

Flow gently and effortlessly into each yoga posture while the Massage Therapist does the work easing the body into each arsana. A combination of stretching elements of yoga arsanas (postures) with the relaxing, opening and releasing elements of massage and other bodywork modalities. This session will leave you feeling invigorated, free, relaxed and balanced. 90 : 50 min

Energy Work

Rest and Restore with Reflexology

Slip away while specific reflex points in the feet are massaged. These points correlate to individual organs and parts of the body. Activating these reflexes can promote healing and create a sensation of undeniable relaxation. 75 : 50 min

Cranio-Sacral Ritual

Craniosacral works with the inner connective tissue called fascia that wraps around your organs, muscle, skeletal structure, and the cerebral spinal fluid otherwise known as 'the breath of life'. The fascia holds physical and emotional trauma that inhibits the functioning of your body over time. By gently stretching and unwinding the fascia, the traumas and the emotional components can be released, freeing the body of restrictions that cause pain and disease encouraging your own natural healing mechanism to remove the negative effects stress has had on the central nervous system. 85 : 50 min

Reiki Renewal

If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words—Rei, which means, "God's Wisdom or the Higher Power" and Ki, which is "life force energy". 70 : 50 min

Life Coaching

Explore alternative solutions catered to you and/or your family needs in this unique and personalized service assisting you in achieving balance in your daily life. In this practical session, you are provided guidance in helping to activate abilities, clear blocks and increase energy. In an atmosphere of awareness, acceptance and gentle humor, you will be introduced to techniques that lead to clearer vision, deeper meaning and greater purpose. Phone sessions are available for your convenience. 75 : 50

Aesthetics

Bathing Beauty Resurfacing Facial

The sun can cause a buildup of dead skin cells to accumulate resulting in an all-over lack-luster look. A wave of new skin is regenerated with this powerful Glycolic Acid Peel facial. Ideal for skins with residual scarring, hyperpigmentation/sun spots, textural issues, or skin conditions. 80 : 50 min

Ultrasonic Aqua Facial

Refresh and revive with the newest skin-deep pore cleaning and resurfacing treatment. These treatments reduce wrinkles, clear acne, and combat aging skin. Dramatic results after just one treatment. W/Enzyme 30 : 15 min 90 : 50 min

Teen Esteem Botanical Facial

This deep pore cleansing and exfoliation facial will help to clear acne, unclog blocked pores, reduce the appearance of pores, dead skin cell and oil build up. An informative proper home care regimen will be discussed. 70 : 45 min

Gentleman's Power Facial

This treatment will address the needs of male skin. Men's skin can be unique in that it can become irritated due to shaving, dry and flaky due to improper moisturizing, sunburned from lack of sunscreen, and acne-prone caused from an imbalance in the oil to water ratio of the skin. This treatment will help make your skin look and feel its best. 90 : 50 min

The Sampler

It's all about you. Immerse yourself in total splendor and escape just for a moment from all the cares of the world. Please choose from three services: mini facial, eye brow wax/tweeze, back massage, enzyme/peel, reiki, foot reflexology, scalp massage.

Island Child Medley 85 : 50 min

Sea of Tranquility (adult) 100 : 80 min