

## ABOUT US

### WHAT DOES ANAM CARA MEAN?

Anam- "Soul" Cara- "Friend"

In Celtic tradition, an anam cara or soul friend is someone who accepts you as you truly are, holding you in beauty & light. By doing so, it awakens your soul to recognize the beauty & light that you are. As we awaken to our inner light, our souls flow together as one. When you are blessed with an anam cara, the Irish believe you have arrived at the most sacred of places... home.

### OUR THERAPIST

Rebecca "Becky" Meidenbauer, a NYS Licensed Massage Therapist, is the founder of Anam Cara Heart & Soul Space For Her. She has seen the increasing need for women to find stress relief, emotional balancing, & reconnecting to their heart space. Her career has spanned over 23 years, where she has crafted the fine art of connecting body, mind, & spirit. She is a Reiki Master, integrating healing energy into all of her sessions, an aromatherapy enthusiast & lover of Young Living Essential Oils, & a Mindfulness Facilitator, trained through MaLa Contemplative Education. Her hope is to help guide you home.

### HOURS

#### BY APPOINTMENT ONLY

TUESDAYS- HOURS FLEXIBLE. LAST APPOINTMENT BEGINS NO LATER THAN 7 PM.

WEDNESDAYS- HOURS FLEXIBLE. LAST APPOINTMENT BEGINS NO LATER THAN 7 PM.

PLEASE LET US KNOW IF THESE DAYS DO NOT WORK WITH YOUR SCHEDULE. WE WILL TRY TO ACCOMODATE YOU.

716-246-4466

4250 SOUTHWESTERN BLVD, SUITE 3  
(INSIDE NEW HEALTH CHIROPRACTIC)  
HAMBURG, NY 14075

MUST TURN ON TO BIG TREE RD ACROSS FROM TOPS PLAZA TO ACCESS DRIVEWAY TO BUILDING. ENTRANCE AROUND BACK UNDER BLACK AWNING.

THANK YOU FOR CHOOSING US FOR YOUR MESSAGE NEEDS!

WE ARE NOT AFFILIATED WITH ANY INSURANCE COMPANIES

ALL MAJOR CREDIT CARDS, CASH, & VENMO ACCEPTED



MESSAGE THERAPY FOR YOUR BODY, MIND, & SOUL

### MENU

Our sessions are designed to encompass a variety of techniques. You can expect a firm but gentle approach. We do not do Deep Tissue or Sports Massage. Sessions are intuitively guided and respectful of the body's innate wisdom to heal. The longer the session, the more likely your body will let go. If you are holding a great amount of stress, trauma, or pain, you will benefit the most from a 75 or 90 minute treatment. Our toolbelt consists of the following: Swedish Massage, Reiki, essential oils\*, breath work, guided meditation or visualization, hot stones\*, heated neck wraps, & hot towels, all guided by your current wants and/or needs. Our treatment room is a beautiful retreat, full of divine nods & intentional love. Your comfort & return to a state of peace is of utmost importance.

#### MESSAGE SESSIONS

- 30 Minute Massage- "The Quick Fix".....\$45
- 60 Minute Massage- "A Gentle Pause".....\$85
- 75 Minute Massage- "The Sacred Heart".....\$100
- 90 Minute Massage- "The Journey Home".....\$120

#### PRENATAL MESSAGE

- 60 Minute Prenatal Massage.....\$90
- \*hot stones & some essential oils are contraindicated for prenatal massage*

#### HOT STONE MESSAGE

- 75 Minute Hot Stone Massage.....\$120
- Luxurious basalt stones will melt your tension & soothe aching muscles.

#### REIKI

Reiki is a Japanese energy healing technique that promotes relaxation & reduces stress & anxiety. Through gentle touch, the therapist uses their hands to direct the flow of energy or ki, activating the client's natural healing response to restore physical, emotional, & spiritual well being. May be added on to massage session or stand as an individual service.

- 30 Minute Reiki Session .....\$45
- 60 Minute Reiki Session .....\$85