

Spur of the Moment Ranch offers folks a chance to relax and enjoy their favorite recreational activity in a beautiful outdoor setting. Now with the addition of the Massage Therapy Center, the Ranch is proud to offer our "Ride & Relax" program.

After a day of horseback riding, ATV riding or Snowmobiling you can indulge in an hour of total relaxation. The Massage Therapy Center offers the method to your total relaxation.

After an hour of Massage, Myofascial Release or Reiki your mind and body will be ready for the rest of your personal adventure at the Ranch.

Call or talk to Ann to schedule your Personal Private Session and *Relax...*

Skip and Ann Maletzke

Spur of the Moment Ranch

**14221 Helen Lane
Mountain, WI 54149**

Located on Helen Lane
Just West of the
Oconto County
Recreational Trail

From the south:
Take Highway 32 North
at the junction of Hwy 32
and Hwy 64 continue
North 2.5 Miles to
Kingston Road. Watch for
the Blue T.O.D.S Sign

Left (West) on
Kingston (Look for
the Weatherwood Supper
Club) to
West Shore Drive.

Left (South) on
West Shore to
Helen Lane.

Right (West) on Helen
to The Ranch

From the North:
Hwy 32 and Hwy 64 South
to Kingston Road
Then follow above
directions:
3.5 Miles south
of Mountain

Spur of the Moment Ranch

**Natural Health
Alternatives for
Mind, Body & Spirit
"Relief for Tired Souls
and
Aching Muscles"**

**Lori Yeager
Certified Massage Therapist**

**Massage
Deep Tissue, Swedish, Relaxation
Myofascial Release
Flower Essence Therapy
Reiki**

www.spurofthemomentranch.org/massage

**14221 Helen Lane
Mountain, WI 54149
(800) 644-8783
(715) 276-3726**

Welcome To the Massage Therapy Center



Lori Yeager, our massage therapist, has been a holistic health and meta-physics practitioner since 1975, a graduate of University of Wisconsin - Oshkosh. A REIKI Master Teacher since 1991.

Her areas of specialization and certification include:

Massage

Deep Muscle, Swedish, Relaxation

Myofascial Release

Flower Essence Therapy

Reiki

Other Services

Animal Communication



Natural Healing with Domestic & Exotic Animals

MASSAGE

These holistic therapies have been proven to relieve stress, loosen tight muscles, reduce the heart rate, lower blood pressure and increase circulation. Massage enhances balance between mind, body, and spirit.

What to Expect

Before beginning your session, we will talk about your needs and expectations. Feel free to ask questions and let me know if you have any areas of particular concern.

You will always be treated with courtesy and respect, and you will properly draped with fresh linens; only the area being massaged will be uncovered.

During your massage you will be treated to aromatherapy cream; essential oils; a heated massage table; and soft, soothing music. Relax deeply, and you may experience a pleasing "floating" sensation. Following your session, it is common to feel clam and content.

REIKI

Reiki is a Japanese system of hands on healing as well as a spiritual method for personal growth and transformation.

No preparation or direction is needed to receive a treatment; only a desire to accept healing energy.

What to Expect

You will remain fully clothed during the session. I will gently touch your body's energy centers, also called chakras, which correspond to the endocrine system in Western Medicine. These chakras connect nerves, hormones, and emotions, so you may feel its benefits on a physical, emotional, mental and spiritual level

I look forward to assisting you along your path to healing

MYOFASCIAL RELEASE

Myofascial Release is very effective in releasing locked in tension, especially in your back and neck regions. Irrigation of metabolic wastes accumulate in the tissue, causing soreness and fatigue which results in a cycle of chronic spasm and pain.

Myofascial Release is an excellent technique to help flush the waste away.

What to Expect

Before beginning your session, we will talk about your needs and expectations. Feel free to ask questions and let me know if you have any areas of particular concern.

You will always be treated with courtesy and respect, and you will properly draped with fresh linens; only the area being massaged will be uncovered.

During your treatment you will receive soft, soothing music. Relax deeply, and you may experience a pleasing sensation. Following your session, it is common to feel clam and content.

Services Offered

Let us schedule an appointment for you

1 Hour \$65.00

MASSAGE - Full Body: includes head, neck, shoulders, arms, hands, legs, feet, and back.

REIKI - Deep relaxation for mind, body, and spirit

MYOFASCIAL RELEASE

Especially good for Back & Neck Stiffness