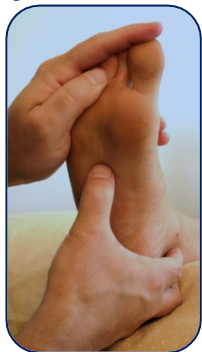


Sole and Body Therapy Options

Reflexology & Holistic Foot Massage

"Healthy feet," said Sitting Bull, "can hear the very heart of Mother Earth." Reawaken the sense of touch in your feet and let that soleful/soulful awakening infuse your entire being. Work on hands also can be included in sessions.



Massage Therapy, Acupressure



Oil and lotion-free massage techniques include kneading, use of acupressure points, skin-rolling, vibrational touch and tapotement.

Office Hours and Rates

2236A Sixth St., Berkeley (at Bancroft)

M-Th, 10 a.m. – 8 p.m. & some Saturdays

30 minutes - \$35 45 minutes - \$50

60 minutes - \$65 80 minutes - \$80

Events - \$100/hour (two-hour minimum)

See www.gstouch.com for details on specials.

Friday daytime and Sunday evening sessions are scheduled at the Berkeley Sauna, at Sauna rates.

Payment options

Cash, check, travelers check or money order (\$20 fee on returned checks). Online credit card payments can be accepted AFTER an initial phone call.

510-356-8854

BY APPOINTMENT ONLY
Same Day OK



Foot Fitness

"...reflex-zone foot massage (is) simply an artificial way of going barefoot..."

– Jurgen Jora, reflexologist and author

Since 1993, following the publication of "The Barefoot Hiker" by Richard Frazine, barefoot hiking has been gaining in popularity worldwide. Why?



Because feet need exercise, too, and they can't get the freedom of movement and range of motion necessary for optimal exercise while encased in shoes. Barefoot walks on well-maintained hiking trails can be an excellent, enjoyable way to get that exercise – and a natural means of letting the ground give you a reflexology treatment like no other.

Reflexology brings you many of the same benefits as going barefoot – and allows you to relax on a massage table or in a reflexology chair while someone else's fingers and thumbs do the walking.



Reflexology is the best of stillness and motion combined.

For more information, please visit the holistic health links page at www.gstouch.com.

Happy Footsteps!

About

Darren Richardson, owner and operator of Golden State Touch, was able to overcome a lower-back injury with the help of reflexology and physical therapy in the early 1990s. His recovery sparked an interest in alternative and complementary health modalities.



You can rest assured that you are in good hands with Darren. He has more than 15 years of professional experience, more than 1,000 total classroom hours, and he graduated from both the National Holistic Institute in Emeryville and the Acupressure Institute in Berkeley. In addition, he is certified by the California Massage Therapy Council.



CAMTC Cert. No 5916

Darren also worked as a headline writer and copy editor for 15 years, facing deadline pressure on a daily basis. He has personally experienced the cumulative effects of workplace stress and understands the importance of consistently providing restful, restorative sessions for his clients.

Golden State Touch
www.gstouch.com

Your session

Reflexology, Massage Therapy and Acupressure all encourage the body's natural healing processes via the skillful, knowledgeable and compassionate application of therapeutic touch. Darren keeps that guiding principle in mind for every session and tailors his work to meet clients' individual needs.



The session begins with a brief verbal check-in and allows time for you to give feedback at the end. The minutes in your session refer to actual table or chair time.

If the need to cancel arises, please give at least 24 hours notice by phone or e-mail.

510-356-8854 darren@gstouch.com



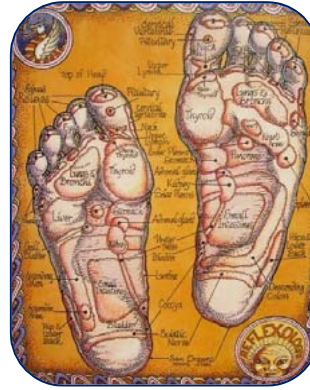
THANK YOU for your interest in holistic health and Golden State Touch!

What is reflexology?

"Reflexology is a method for activating the healing powers of the body."

-Laura Norman, reflexologist and author

There are many definitions of reflexology, but in simplest terms, reflexology utilizes a system of massage and pressure-point techniques on the feet to favorably influence the recipient in ways beyond the localized benefits of a foot massage.



Reflexologists focus on promoting the body's innate healing capacities through specialized touch techniques applied to the feet and sometimes the hands.



Each foot contains 26 bones, 33 joints, and more than a hundred muscles, ligaments and tendons; each sole contains about 7,000 nerve endings. No less a mind than that of Leonardo da Vinci called the human foot "a masterpiece of engineering and a work of art." Reflexology encourages maximum performance of the foot's own engineering efficiency and also helps the rest of the body through this holistically proven healing art.

www.gstouch.com

Reflexology & Massage Therapy



GOLDEN STATE TOUCH

For Sole and Body



510-356-8854

darren@gstouch.com

By Appointment, Berkeley & Beyond