



Treat Yourself Well

Treatments aim to establish harmony and balance in the body and thereby resolve specific concerns while promoting overall health and wellbeing.

Call us to schedule
(785) 843-7500

email: swhc@sunflower.com

Gift certificates available

By Appointment

Monday–Friday: 9 am–7pm

Saturday: 9 am– 6pm

Southwind

HEALTH COLLECTIVE, LLC

Therapeutic Massage

- 15 minutes (chair) • \$25
- 30 minutes • \$45
- 60 minutes • \$70
- 90 minutes • \$100
- House call • Add \$20

Hot Stone Massage

- 60 minutes • \$95
- 90 minutes • \$120

Traditional Chinese Medicine/Acupuncture

- Initial appointment • \$90
- Follow up • \$70

Facial Rejuvenation Acupuncture

- Initial appointment • \$115
- Follow up • \$95

Holistic Nutrition

- Initial appointment • \$75
- Follow up • \$45–\$60

Credit cards accepted

A 24-hour notice of cancellation is required to avoid a charge of 50% of your scheduled appointment.

Call for an appointment
(785) 843-7500

Southwind

HEALTH COLLECTIVE, LLC



Acupuncture · Bodywork · Nutrition

1045 Kentucky

Lawrence, Kansas

(785) 843-7500

southwindhealthcollective.com

Massage and Bodywork

Whether you need a quiet, relaxing session or relief from injury, therapeutic massage offers many benefits. It improves circulation, and reduces tension and inflammation bringing the mind and body back to a calm state of balance.

During your appointment we combine techniques to help you achieve comfort and relaxation.



Jamie Alspaugh

Deep tissue, trigger point, prenatal, infant massage, migraine relief.



Joy deMaranville

Swedish, deep tissue, neural mobilization, prenatal and postnatal, hot stone, trigger-point.



Lana Haas

Relaxation massage, Thai yoga massage, Thai foot massage, reiki, prenatal massage. Upon request, Lana offers a unique Song of your Soul at the end of your session.



Carol Marshall

Craniosacral, subtle energy work, Swedish, lymphatic drainage, foot massage, heart-centered therapy.



Brenda Sampson

Neuromuscular, craniosacral, lymphatic drainage, Swedish, deep tissue, hot stone, raindrop therapy, heart-centered therapy.

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a complete health care system with a written history of 2,500 years. It can effectively treat acute and chronic conditions, including muscular, gastrointestinal, gynecological and respiratory disorders. TCM can also be used in conjunction with modern Western medicine to enhance the effects of Western medical treatment or to alleviate the side effects of medications.

Acupuncture and Chinese Herbs

TCM includes the use of acupuncture and Chinese herbs. Acupuncture is the insertion of fine needles into the body at specific points that have been determined to have beneficial effects. Chinese herbal medicines may be used internally or applied externally. Other modalities may include:

- Moxabustion
- Cupping
- Gua sha
- E-stimulation
- Medical qigong

Facial Rejuvenation Acupuncture

This type of TCM involves the insertion of fine acupuncture needles on the body and face and treats the body systemically, focusing on internal, or root, imbalances that manifest on the face as wrinkles, sagging, puffiness or discoloration. Treatments involve an herbal facial mask, full body acupuncture, facial acupuncture and facial massage, all with an organic product line.



Supriya Desai, L.Ac. (MO), M.S. in Traditional Oriental Medicine, NCCAOM board certified. *Acupuncture, facial rejuvenation acupuncture with facial massage and herbal therapy.*



Carolyn Micek, M.S. in Traditional Chinese Medicine, NCCAOM board certified. *Acupuncture, Traditional Chinese Medicine.*

Holistic Nutrition

Holistic Nutrition focuses on the unique dietary needs of each individual, abiding by the belief that there is no one-size-fits-all diet. Customized nutritional support works to improve digestion, energy levels, mood, sleep patterns, a healthy weight, hormonal balance, pain relief, and immunity.

During a nutrition consultation you will receive:

- Dietary analysis and feedback
- Personally tailored diet plans
- Nutrient and herbal suggestions
- Lifestyle and stress management support
- Dietary education and resources
- A heightened understanding of how emotions affect dietary habits



Angie Schoenherr

Certified master nutrition therapist, nutrition consultation.

