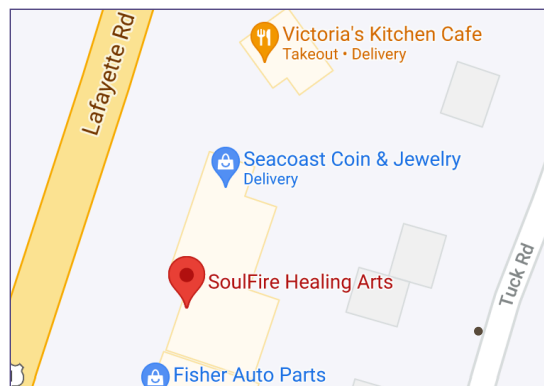


Hours and Location



We believe that when individuals are able to operate from their truest selves, they achieve “impossible” goals, become more engaged and connected with their communities and are motivated to share their gifts and passions with others.

To that end, it is the mission of SoulFire Healing Arts to mindfully facilitate the physical, mental, emotional, and energetic alignment of our clients in order to assist them on their paths to reaching their highest potential.



Sunday	9 am - 9 pm
Monday	Closed
Tuesday	Closed
Wednesday	9 am - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 9 pm
Saturday	Closed

SOULFIRE HEALING ARTS
725 Lafayette Rd., Unit #211., Hampton, NH

info@soulfire-healing-arts.com
www.soulfire-healing-arts.com

(978) 346-5115

*One spark
Igniting one passion
Can light the world*



*SoulFire
Healing Arts*



Benefits of Energy and Bodywork

- Reduces stress and mental strain
- Improves relaxation
- Reduces anxiety, depression and fatigue
- Provides greater feeling of well being
- Lowers blood pressure
- Improves circulation
- Increases metabolism
- Improves immune system function
- Enhances recovery after surgery or injury
- Improves flexibility and range of motion
- Relieves pain, stiffness and tenderness
- Improves posture
- Assists with deeper and easier breathing
- Creates greater body-mind awareness

Services Designed to Reignite and Fuel Your Soul

We offer a variety of services to assist you in all your endeavors. Whether you need to relax, recharge or renew yourself, heal from an injury, or rise to a new level of performance, we are here to help you find a way to achieve your goals.

For more details and pricing, visit us online or call to schedule a consultation.

HEALING FROM TRAUMA

Trauma is a complex issue. No two people are affected in the same way and there is no one treatment that is a “cure all.” We offer several modalities that can be used in conjunction with traditional mental health services. These include aromatherapy for grounding and trigger management, Trauma Touch Therapy™ to reestablish physical connection with the self in the present, and massage sessions specifically designed for individuals with histories of abuse. Treatment plans are individualized and initial consultations for services are free of charge.

A portion of all proceeds from trauma related services are donated to the Jeanne Geiger Crisis Center to assist in their efforts to provide education and recovery services.



MASSAGE AND BODYWORK

We offer massage sessions incorporating various modalities in lengths ranging from thirty minutes to two hours on the table. We incorporate multiple methodologies including myofascial release, neuromuscular technique, positional release, hydrotherapy and stretching into our traditional Swedish and deep tissue massages. We can also easily add custom aromatherapy oils and hot or cold stone therapies to any massage.



ENERGY HEALING

We offer both Polarity Therapy and Usui Reiki. Reiki addresses energetic imbalances by connecting the recipient with universal life energy to trigger the body's natural healing responses. Polarity therapy is a holistic, energy-based system that uses hands on acupressure and crainiosacral techniques, diet, exercise and lifestyle counseling to restore and maintain proper energy flow through the body. Clients typically lie fully clothed on a table for these sessions, but aspects of both of these modalities can be incorporated into standard massage sessions and they can be adapted for those that are unable to lie down.

