

# On-Site *REFRESH* Touch

**KNOW**  
Natural Health Services & Counsel Guidance  
Physical & Emotional Connectivity  
Professional Organizing  
Productive & Creative Spatial Systems

Adinah Harmonics  
Therapeutic Bodywork  
Relax, Ease Muscles & Entrain Body Mechanics  
Licensed Massage & Bodywork Therapist #10131  
Board Certified in Therapeutic Massage & Bodywork

## Services

*Reduce Stress*  
*Ease muscle stiffness*  
*Feel calm*  
*Relax and recharge*  
*Entrain body mechanics*  
*Stimulate digestion*  
*Harmonize and balance*

***REFRESH Touch*** participants remain fully clothed, seated upright in a specialized chair, with healing touch concentrated on the neck, shoulders, back, arms, and hands, or lying down on a massage table which allows focus on the feet and legs as well.

A massage table or chair may be set up at a stationary location, or a portable system may be positioned and travel to each selected desk or table top location in your place of livelihood or any other selected location.

Each session ranges from 15 to 20 minutes, and is administered by a qualified and certified therapeutic massage specialist.

## Fee Options

### Direct Participant Fees

\$1 per minute  
(10-15 sessions recommended)

### Employee/Event Sponsor Fees

\$65.00 Hourly

## Other Therapeutic Bodywork Offerings

Relaxing Therapeutic Full Body Massage, Reflexology & Light Touch Treatment is offered in our Greensboro wellness studio:

Cockerham Realty Building, 1108 Grecale Street, Suite 209,, Greensboro NC 27408

Addie (Adinah) Little  
336-987-1251  
alittle888@yahoo.com  
www.adinahinc.com

*Adinah is a Board and State of NC Certified Massage and Bodywork Therapist and provides services through Adinah Harmonics, where professional skill is combined with mindful and individually focused concentration to promote relaxation and wellness.*

*Adinah Harmonics operates within a consortium of other independent specialists and wellness providers that serve with integrity, practiced skill and competence.*

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