

New Age Fitness is now offering:

Rain Drop Therapy



New Age Fitness LLC has partnered with Mary Barnes to offer the latest in natural wellness, Raindrop Therapy. Mary, who is also a yoga teacher at New Age, has been active in the health and fitness arena for many years. She graduated with a masters from Baylor University in 1989, where she studied Exercise Science and Nutrition. Her interests in yoga, natural medicine and aromatherapy bring a warm mix to the studio.

Raindrop Technique has been known to increase the immune system, relieve back issues, and to create balance and harmony in the body - physically, mentally, and emotionally. Raindrop Technique focuses the healing essence of the essential oils directly to the spinal column where it is believed that viruses and bacteria lie dormant until the immune system weakens. The oils create an environment that is not hospitable to these “foreign” agents in our bodies and causes them to be eliminated naturally.



Raindrop Technique is also an effective detoxification and can assist you in eliminating symptoms associated with cold and flu and other common conditions.

This technique is a very gentle therapy and offers you the opportunity to completely relax while improving your overall well being on all levels.

Book now and lock in a special introductory rate for the remainder of April of only \$60 for 1 ½ hours!

After this month, the prices will go to \$75 for non-members and \$65 for members. Mary will also have packages and special discounts available so contact her today!

To schedule your appointment today, contact Mary Barnes at 828-446-4968!

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