

## SERVICE MENU

**The Caring Touch**  
specializes in a  
combination massage of  
Swedish Deep Tissue,  
Myofascial Release &  
Reflexology

\*30 minute massage  
\$40.00

(Targeted Area)

\*60 minute massage  
\$60.00

\*90 minute massage  
\$85.00

\*120 minute massage  
\$115.00

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\*Wintertime Specials  
AVAILABLE

November—February

Hot Stone Infusion Massage  
(90 Minute Massage Adding  
Hot Stones)  
\$95.00

\*Summertime Specials  
AVAILABLE

June—September

Cold Stone Infusion Massage  
(90 Minute Massage Adding  
Cold Stones)  
\$95.00

**GIFT**

# The Caring Touch

Healing Hands  
Healing Hearts  
With  
**THE CARING TOUCH**



Appointments can be made by  
phoning:  
540-678-4800 (Local)  
1-877-22T-ouch (8-6824)

Also offers a large assortment of  
Natural Products-  
Pharmaceutical Grade Supplements &  
Vitamins, Soy Candles, Soaps  
& Much More.  
**Gift Baskets and Gift Bags for Those  
Special Occasions.**

\*REFLEXOLOGY  
The art of relaxing nerve  
endings in the feet and  
hands to relieve stress and  
pain in the body

**CERTIFICATES**

## REFLEXOLOGY

### SERVICE MENU

#### HAND CARE SERVICES

Hands Only Paraffin Therapy \$10.00

\*Basic Hand Reflexology \$30.00

\*Therapeutic Hand Reflexology \$40.00

\*Healing Hand Reflexology \$50.00

#### FOOT CARE SERVICES

\*Basic Foot Reflexology \$35.00

\*Therapeutic Foot Reflexology \$45.00

\*Healing Foot Reflexology \$55.00

#### EXCLUSIVELY YOURS HAND & FOOT REFLEXOLOGY SESSIONS

\*Basic Hand and Foot Reflexology \$50.00

\*Therapeutic Hand & Foot Reflexology  
\$60.00

\*The Ultimate Healing Reflexology Session-  
Feet With Pedi Redi Foot Soak , Hand  
Paraffin, Arbonne Aromatherapy Sea Salt  
Scrub (Choice of Unwind, Awaken, or  
Reactivate), Foot & Hand Heated Mittens  
and Booties, Plus Full Foot & Hand  
Reflexology Session  
\$80.00

#### SPECIAL

5 Basic Hand And Foot Reflexology Ses-  
sions With the 5th Session Free  
\$195.00

**AVAILABLE**

## ABOUT YOUR THERAPIST

### **Sandra McKee, CMT**

**Certified Massage Therapist**

**Owner and Operator**

### **The Caring Touch**

was raised in the Winchester area since the age of 3. After traveling for a time to Florida and Cape Cod Massachusetts, Sandy returned home and married her husband Mike. When her daughter, Tori, was 2-years-old, Sandy decided that it was time for a career change. She entered the Virginia School of Massage and graduated in 2002 with 610 hours in Medical Massage.

Taking 2 years to complete the certification requirements, Sandy opened **The Caring Touch** on April 21<sup>st</sup>, 2004. Two months later she was blessed by the conception of her son, Austin. Since graduation, Sandy enthusiastically continues her education classes and has training in Polarity Therapy, Stone Therapy, Quantum Touch, QiGong, Energy Medicine and a Certification in Reflexology.

She offers a combination massage, with Swedish Deep Tissue, Myofascial Release, Reflexology, and Polarity Therapy.

**The Caring Touch**  
333 Amherst Street  
Winchester, VA 22601

**The Caring Touch**



**MASSAGE THERAPY**

By owner

Sandra D. McKee, CMT  
Certified Massage therapist  
VA License #39720300

333 Amherst Street  
Winchester, VA 22601  
[www.thecaringtouchmassage.com](http://www.thecaringtouchmassage.com)

#### Business Hours:

Tuesday: By Appt. Only  
Wednesday–Friday 11 AM-7PM  
Saturdays & Sundays  
By Appointment Only

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