

THE BODY AND MIND  
ARE NOT SEPARATE.  
WHEN WE HAVE  
PRESENCE OF MIND WE  
HAVE PRESENCE OF  
BODY. WHEN WE HAVE  
AN EASE OF MIND, WE  
HAVE AN EASE OF BODY.

ANDY  
PUDDICOMBE



## CONTACT

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be/*mindful*  
MESSAGE/WELLNESS

## customized therapy

*Relax or restore with a customized approach to your treatment.*

30 MINUTES	45
60 MINUTES	75
90 MINUTES	105
120 MINUTES	150

## cbd infused therapy

*CBD oils from the hemp plant interact with existing cannabinoid receptors in your body for decreased pain & inflammation.*

60 MINUTES	90
90 MINUTES	110
120 MINUTES	165

## additional services

*To be scheduled in addition to massage services.*

BACK SCRUB & MASQUE	10
FOOT SCRUB & MASQUE	10
SCALP TREATMENT	15
RELAXATION FACIAL	20

*\*no cbd retail sold\**

## hot stone therapy

*Healing Basalt stones have been utilized for centuries to promote circulation, relieve pain, and soothe tired, sore muscles.*

45 MINUTES	50
60 MINUTES	80
90 MINUTES	110
120 MINUTES	155

## signature treatments

HYDRATION RITUAL 99

*A full body dry scrub followed by an intensely hydrating massage.*

AROMATIC IMMERSIONS

*Choose from the stress relieving Swept Away session or the soothing Sweet Dreams.*

60 MINUTES	80
90 MINUTES	110

## guided meditation & rest

*Amplify your experience with guided meditation, or simply nap*

10 MINUTE GUIDED MEDITATION	15
10 MINUTE SNOOZE	10
15 MINUTE SNOOZE	15
30 MINUTE SNOOZE	30

## meet your therapist

Megan Cahanin, LMT has been practicing massage therapy since 2007. She holds licensure from the Louisiana Board of Massage Therapy, certification from Blue Cliff College and a bachelor's degree from the University of Louisiana at Lafayette.

Skilled in techniques ranging from meditative massage to deep tissue trigger point therapy, your treatments are tailored to you, your body, and your mind.

"I created Mindful to offer a space where wellness seekers can benefit from a treatment approach that addresses the state of the muscular system while simultaneously addressing the state of the mind."

Mindful--where stillness nourishes the mind.

