



Delicate Touch
HEALING ARTS

Lacey E. Sanders
MAOM, LAc, LMT

delicatetouchhealingarts@gmail.com

801.872.9640

delicatetouchhealingarts.com

Zero Balancing®




Lacey E. Sanders MY JOURNEY

In 1998 when I injured my rotator cuff snowboarding, I was introduced to the healing power and benefits of acupuncture and bodywork. My shoulder healed extremely well with little pain, and I also became a more relaxed and healthier person from the regular acupuncture and bodywork. Thus, in 1999 I decided to attend the Utah College of Massage Therapy where I received one year of training to become a certified massage therapist and completed the Structural Integration career track for a total of 1195 hours.

Since then, I have worked extensively with acute and chronic injuries. I have been educated in a variety of modalities venturing into the world of energy medicine. In 2006, I began training in Zero Balancing at the Esalen Institute, and I am currently a certified Zero Balancer. In 2013 I graduated with a Masters in Acupuncture and Oriental Medicine from Emperor's Colleges of Traditional Oriental Medicine in Santa Monica, CA with over 3000 hours of training in acupuncture and herbal medicine.

Coming home to Utah to start my practice and share what I have learned about the healing arts in the last decade is a true joy for me. I believe that "dis-ease" and imbalance in the body can be a gift that brings greater awareness to an individual and with it greater health. With a variety of modalities and a combined knowledge of Eastern and Western medicine, my goal is to facilitate and support an individual's healing process to bring about homeostasis and an overall feeling of well-being. I wish to help facilitate a shift towards wellness by looking at the whole person: body, mind and spirit. Acupuncture and bodywork have supported me through all of my healing processes over the years, and I wish to share what I have learned with my patients.

SERVICES

Chinese Medicine:

ACUPUNCTURE AND HERBAL MEDICINE



Using a combined knowledge of Eastern and Western medicine, I will evaluate each patient individually to treat any complaints that a patient may have. As a practitioner of

Chinese medicine, I take time to get to know each patient individually using extensive inquiry and observation to devise a thorough treatment plan. Chinese medicine is known to be effective for women's health, chronic and acute pain, allergies, anxiety and depression, insomnia, headaches, and the list goes on and on. Because we treat the patient as a whole person to bring overall balance, it can treat any imbalance.

Massage THERAPY



With a background of working with athletes, my massage is therapeutic and specific. I target the problematic areas and the effects they are having on the entire body. I use a

variety of techniques such as trigger point, sports injury massage, and deep tissue. However, a fundamental basis of my work is working into the relaxation and opening of the client's tissue. Thus, I respect the comfort level of a client regarding pressure to produce the most optimal benefits

Sound/Color ENERGY THERAPY



I use tuning forks and color on the body to balance the chakras and the meridians. It also helps to clear and harmonize the electromagnetic field of the body. The result is overall relaxation and clarity.

Zero BALANCING



Zero Balancing uses touch to balance the energetic and structural aspects of a person. It can free up old physical and emotional patterns for better well-being while relieving the stress of day to day life.

Pricing MENU

ACCUPUNCTURE

Initial Consult [90-minutes]	\$120
Follow-up [60-minutes]	\$70
Treatment Package [6 sessions]	\$350

MASSAGE THERAPY

90-minutes	\$110
60-minutes	\$80

SOUND/COLOR ENERGY THERAPY

60-minutes	\$80
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ZERO BALANCING

60-minutes	\$75
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ZERO BALANCING & ACCUPUNCTURE

90-minutes	\$125
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COMBINED SESSION

Bodywork with accupunture [120-minutes]	\$150
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