

Herbal Consultations

Oftentimes people wish to supplement modern medicine and medications with something more natural. We can help you explore the alternatives in Herbal Healing. Through Herbal Consultations, we can discuss the issues you wish to address and give you information on how various herbs and herbal preparations have been used in the past.

Each person is a unique individual and information is tailored to that individual person.



American ginseng
(*Panax quinquefolius* L.)

AIRMEITH BODYWORKS, INC.



Open by Appointment

Appointment Hours

Mondays, Tuesdays
6 PM—11 PM

Wednesdays, Fridays
5 PM—11 PM

Saturdays, Sundays
2 PM—10 PM

Phone: 413.532.0900

Cell: 413.297.7869

Email: customerservice@airmeith.com



AIRMEITH
BODYWORKS, INC.

Massage, Reiki, Herbal Consultations,
& Natural Body Care



476 Appleton Street, Suite 4
Holyoke, MA 01040

Phone: 413.532.0900



What is Reiki?

Reiki (pronounced "ray-kee") is a Japanese name consisting of 2 words Rei and Ki meaning spiritually guided life energy (commonly known as Universal life energy), an energy that animates us all and is found all around us. Reiki is a form of energy healing using "universal life energy" channeled through the practitioner's hands to the recipient.

Reiki Treatment

You relax, fully clothed, on a treatment table or seated while the healer holds his hands on or above you. A treatment can last an hour or longer depending on the treatment required. In the western world commonly a full treatment is given covering all the important organs of the body. There is little to no pressure on the body making it ideal for treating all ages and conditions, sometimes hands are even held away from the body. The energy flows wherever it is required and can normally be felt as a warm sensation or tingling in the body. Reiki is a very relaxing and soothing experience!

Enjoy the natural benefits of soothing herbal essences & emollient botanicals. Our products are gentle to the skin, luscious to use, and enhance daily life while being cruelty free and environmentally friendly.

Our Pledge

We do not use petrochemicals, our products do not contain synthetic ingredients, nor do we test on animals. Our products are of earth origin and made exclusively with natural, botanical, renewable or vegetable based sources. We design our products to be natural, gentle and without compromising the environment.



What Makes our Products different

- * Our products are made in small batches by hand.
- * We use organic ingredients whenever possible.
- * We are a small family owned company that is committed to quality products and service

Remember that a percentage of what you put on your skin is absorbed directly into the blood stream; that's the greatest reason to use only natural, organic when possible skin and body care products

Massage therapy is the systematized manipulation of soft tissues for the purpose of normalizing them. The basic goal of massage therapy is to help the body heal itself and to increase health and well-being.

Benefits of Massage

- * It helps the body heal after injury
- * It helps the lymphatic system move toxins out of the body
- * Decrease inflammation
- * Improves circulation
- * Relieves stress
- * Alleviates tension and pain
- * Reduces anxiety
- * An much more...

Types of massage offered at Airmeth Bodyworks

- * Swedish
- * Sports
- * Acupressure
- * Lymphatic detox / drainage
- * Integrative
- * Relaxation
- * Geriatric
- * And More

