

Your go to

inclusive RESOURCE LIST

inclusive SKINCARE

INCLUSIVE SKINCARE HAS TWO APPROACHES. ONE IS A HOLISTIC APPROACH TO PROMOTING PROPER BODY FUNCTION AND RECOGNIZING THAT THE SKIN IS THE LARGEST ORGAN AND THE BEST DEFENSE. WE ENCOURAGE OURSELVES TOWARD HOMEOSTASIS THROUGH MASSAGE, ADEQUATE NOURISHMENT, AND PRODUCTS WE INTRODUCE TO OUR BODIES.



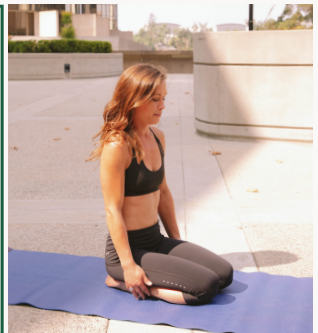
inclusive HEALTHCARE

TUI NA CHINESE MEDICAL MASSAGE, PRONOUNCED, "TWEEN NA." TREATS MUSCULOSKELETAL SYSTEM CONDITIONS, DIS-EASE OF THE INTERNAL ORGANS, AND BALANCES THE HEART RATE, CEREBROSPINAL FLUID, AND BREATH. THE OLDEST FORM OF BODYWORK IS STILL IN USE TODAY.



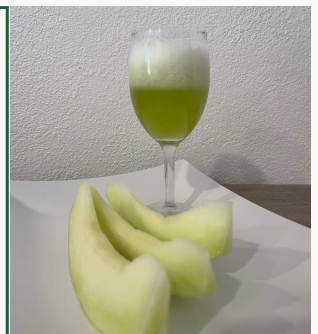
inclusive STRETCH WITH EASE

STRETCH WITH EASE IS DESIGNED AROUND MY CLIENTS AND THE STUDENTS THAT ATTEND. WE FOCUS ON REVERSING WHAT WE DO ALL DAY AND PROPORTIONING THE BODY APPROPRIATELY. WE LEARN WHAT IT MEANS TO STRETCH AND RELAX SPECIFIC MUSCLES FOR SYMMETRY.



inclusive JUICE

WE ARE A LOCAL COMPANY MAKING LOCAL SEASONAL JUICE. WE WANT TO CREATE A COMMUNITY AND KEEP YOUR TREES HEALTHY AND PROSPEROUS. WE LOOK FORWARD TO FILLING YOUR FRUIT BOWL AND RETURNING WITH FRESH JUICE, AND WE ARE REDUCING METHANE EMISSIONS.



be kind, be present, be inclusive