

MASSAGE TUTORIAL



Learn the art behind reflexology and foot massage with this expert led session.

EXPERIENCE AGENDA (60min)

- **5min** - Welcome from LMH + overview of event
- **50min** - Guided DIY foot massage tutorial with corresponding foot chart.
- **5min** - Wrap-up, group photo + thank you!

We love to work with our clients to create custom agendas. Looking for something different than what you see here? Reach out to the LMH team to start planning.



Things to Note

- Consider adding on a home delivery to elevate your event - such as a DIY spa kit, curated with salt soaks and body lotion, or a Serenity glass water bottle, personalized with your logo.



10-100 participants



90 minute version available

Hybrid option available