



**CANTERBURY  
CENTER**  
*Bed & Breakfast*

## AMENITIES

*Welcome to your home away from home. To make your stay most comfortable we offer you the following directory of local service providers.*

### **MASSAGE and ENERGY WORK:**

- **Judith Nelson LMT #1326M.** *Chair massage in the privacy of your own room or full table massage in her Canterbury studio. Relaxing Swedish, deep tissue Myofacial therapy, Activated Isolated Stretching. Please contact her directly for an appointment allowing 24 - 48 hours notice. 18 years certified, member AMTA.*
  - \$40 per 1/2 hour chair massage, \$75 per full hour table massage
  - CELL 603-493-4207 HOME 603-783-9658
- **Laura Beth Gillman LMT.** *Swedish, deep tissue, myofacial release and energy work massage. In her home studio just 5 minutes away. Please contact her directly with 24 hours notice preferred.*
  - \$60 one hour, \$100 one and one half hours
  - [loveismeisyou@gmail.com](mailto:loveismeisyou@gmail.com) 603-731-3549
- **Sue LeClair.** *Shambala Reiki and Therapeutic Touch. Authenticity, harmony, change; what many of us desire, yet where to begin? A one hour table session consists of a dialog together to identify your physical, emotional and/or spiritual concerns, a verbal agreement of the focus of the session and the use of light intuitive touch to interpret the body's energetics and desired changes.*
  - \$65; my studio just 3 minutes away.
  - [sileclair@icloud.com](mailto:sileclair@icloud.com) 603-724-7145
- **Ben Bynum.** *Reiki Master Teacher. Trying to relax into your vacation? Let Reiki take you to a place of peaceful relaxation with Ben. Canterbury resident.*
  - \$35 1/2 hour, \$60 one hour
  - All Elements; 51 S Main Street, Concord 603-545-7771

### **FACIALS:**

- **Jane Balshaw studios** - *facials and make-up services, boutique and art gallery. 12 Cogswell Hill Road, 2 minutes from B and B. Please visit website for entire listing of services, [janebalshaw.com](http://janebalshaw.com) or see brochures. Call 603-491-7305 for a visit.*
- **Body and Spirit Day Spa** - *Concord. Owners are Canterbury residents. Facials, massage and nail services. [bodyandspiritdayspa.com](http://bodyandspiritdayspa.com) 606-226-4261*