



Healing Arts

PROFESSIONALS

AAAAA Private Home Care 781-639-8696
eldersathome.com

We have been specializing in customized Home Health Care for over 15 years!

Arbonne International 617-480-8699
maureenkay.myarbonne.com

Maureen Kay, independent consultant. Swiss formulated botanically based products including anti-aging skin care products, sun protection, nutrition, weight loss and teen and baby skin care. Pure safe and beneficial.

Beautiful Food Nutrition Coaching . . 781-244-9090
beautifulfoodcoaching.com

Beautiful food nutrition coaching with Fiona Barrett. Creating physical, emotional and spiritual health and beauty with food.

Coastal Care 781-639-7766
coastalcare.com

Established in 1998, Coastal Care is your trusted source for home care, with services available from 2 to 24 hours.

Complete Mind And Body 781-990-3899
completemindandbody.com

Health and nutrition counseling. Improve eating habits, increase energy and vitality, cleanse and replenish, achieve your ideal weight, love life!

Footprints Reflexology Therapy 781-367-5141
annwettlaufer@verizon.net

Reduce tension and stress, strengthen the immune system, cleanse the body, increase energy, improve sleep and maintain health.

Geri Costanza Massage Works 781-631-4030
gericostanzamassage.com

A pioneer of wellness awareness, Geri Costanza celebrates 27 years of successfully conditioning, aligning, and healing muscles for sport, health and relaxation.

Get in Shape For Women 781-476-5121
getinshapeforwomen.com

Women's only small group personal training: specializing in total body transformation in a private upscale atmosphere. Space is limited. Call today to schedule your Complimentary Week Trial.



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Hand in Hand Massage 781-639-4380
handinhandmassage.com

In business since 1991 and winners of the Readers Choice Awards, our beautiful eco-friendly business spans deep relaxation to deep tissue.

Namaste Yoga 617-816-1489
namasteyogactr.com

Elizabeth O'Shea Sullivan, certified Yoga instructor with 30+ years of experience offers: Private yoga classes with customized programs, all level Yoga Classes, Yoga Teacher Training (registered 200/500 hour school) and Hypnotherapy.

NEW DAY 781-389-0538
amazingnewday.com

Dana Appel Young. Let me be your HEALTH COACH and get you back the healthy, vibrant life you deserve. Nutrition, fitness, wellness. It's a NEW DAY. Amaze yourself.

North Shore Elder Services 978-750-4540
nselder.org

North Shore Elder Services offers support, information, and services to elders and those who care for them. Life. Made easier.

Marblehead Counseling Center 781-631-8273
marbleheadcounseling.org

MCC provides many community services including individual, couple, family and group psychotherapy, psychopharmacology, parent support, education, mediation and community organization.

Radiant Touch Studios 781-631-4500
Radianttouchofstudio.com

Owner: Mary Engstrom R.N. B.S.N. A hair removal /skin rejuvenation studio. Professional nursing staff. Hair removal, skin rejuvenation, acne, spider veins and scar removal. Located within Bliss Salon at 165 Pleasant Street.

United Martial Arts Center 781-581-8887
umacnorthshore.com

Vinnin Square Plaza – adjacent to Marshalls. Adult and children's beginners classes, physical fitness, stress relief, focus, confidence and flexibility.

VNA Care Network & Hospice 800-728-1862
vnacarenetwork.org

Originally the Marblehead/Swampscott VNA, our agency offers home health care, hospice for the terminally ill, and wellness programs.