

ABOUT MAKEDA

With 30 years of experience in health and wellness, Makeda Neferu-Ra is a certified jade stone massage therapist. She has more than a decade of life coaching, years of experience as a wellness consultant, and is also a certified esthetician. Makeda has provided jade stone massage therapy to hundreds of satisfied clients throughout North America.

Makeda is a certified practitioner of Qui Kung, the traditional Chinese practice of accumulating, circulating and working with qi, or energy, within the body. A lifelong learner, traveler and teacher, Makeda's mission is to create harmony in all five pillars of life: physical, spiritual, financial, relational and mental.

"My purpose is to create a space for ultimate healing, to revitalize, refresh and align, mind, body and spirit."

Makeda



jadeelements.com

"Makeda, you have the touch and sincerity necessary to promote healing and along with the jade therapy session I have received from you, I personally was transported to a place where only therapeutic and communion-ship with the highest exists! I loved the experience and recommend this experience to be part of one's overall health regimen. My artistry as a professional dancer sees your gift as a must for all who seek a synergistic way of living."

*Makeda Ebube MA ED, PhD Candidate
Seattle, Washington*

"I've never tried having a massage before, but the Jade Stone therapy did a great job relieving the tension in my muscles. I felt so relaxed after it. I would definitely recommend Makeda to anyone who simply wants to feel better or wants to relax after a long work week."

*Kamal Shokar
Vancouver*

"A wonderful spiritual and amazing experience. The soothing heat from the jade stones was so calming to every cell in my body and especially the old injuries of the past. The experience is so uplifting and motivating to the mind, body, and spirit. Thanks for the relaxation in my very stressed world."

*Maguin
Vancouver*

"Thank you so much for the Jade stone therapy massage! You are very professional with a great technique and skill! I am truly very relaxed and with a new baby that doesn't happen often."

*Lisa
Vancouver*

"Thank you so much for the opportunity for my self and my staff to experience the jade stone therapy massage. You are extremely professional and we would like to invite you back again soon. My staff felt very good and happy after their session and this was an incentive for them for all the great work they have been doing for the company."

*Ed
Vancouver*

"This was my first time having a jade stone therapy massage. The aches and pains in my joint and muscles were over taking me and I didn't realize how I could be carrying around all this pain. Makeda, you are an amazing facilitator and very professional. Thank you so much."

*Jazz
Vancouver*

Jade Elements

Pathways to Wellness

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Jade Elements

Pathway To Wellness



Jade Stone Therapeutic Massage

Jade's Rich History of Ancient Civilizations

JADE IS CONSIDERED THE MOST NOBLE OF ALL GEMS

Jade has always been a prized gemstone in many parts of the world. From ancient times, this extremely tough and translucent mineral has been worked into ornaments, ceremonial and ritual objects. In ancient cultures, jade was worn by Kings and Nobles. It was so revered that it was placed in their tombs to protect them in the afterlife. As result the material became associated with royalty and status. African Egyptians and Mayans have been using jade stones as a massage and meditation tool for over 7000 years.



BENEFITS OF JADE STONE MASSAGE

- REDUCED STRESS
- REDUCE CHRONIC PAIN
- WEIGHT LOSS
- LOWER BLOOD PRESSURE
- REDUCED DIGESTIVE DISORDERS
- IMPROVED CIRCULATION
- BODY DETOXIFICATION
- INCREASED LYMPHATIC FLOW
- REDUCED LACTIC ACID

one stroke with a jade stone is equal to 8 regular hand strokes which maximizes the effectiveness of this therapeutic technique

HOT AND COLD JADE STONE MASSAGE

Jade stone therapeutic massage combines hot and cold jade stones and aromatic oils that glide along your skin utilizing unique movements to massage out tension and stress. The jade stones are cut into versatile shapes that fit into the practitioner's hands. Deep tissue and Swedish massage stokes are performed while the practitioner hold the stones. The heat from the warmed stones sinks deep down into your muscles, loosening the tightness, making the muscles more soft and pliable. One stroke with a jade stone is equal to eight regular hand strokes, which increases the effectiveness of deep heat. Bringing balance to your meridians and the internal works of the body, jade stones improve energy and vitality through electromagnetic, neurological deep relaxation massage. You will also experience a detoxification of your organs and internal tissue due to

Jade stones massage balances the internal body and reduces pain, tension and injury. Jade soothes the emotions and provides healing after various traumas such as minor surgery and injuries heal themselves holistically.



"The jade stone massage experience was so pleasant and enjoyable. From the moment the stones touched my body I felt so relaxed. It's amazing how these stones can extract so much. I have had other massages in the past but I think that jade stone massage really is better. I would recommend this service to everyone I know it is totally worth it."

Hedy-Marie, Vancouver

PRICING

Relaxation Package

30 Minutes (Back Only) \$85

Complete Revitalization Package

60 Minutes \$185

Total Rejuvenation Package

90 Minutes \$250

All applicable taxes extra.

ANNUAL MEMBERSHIP

Incorporating healing, revitalization and wellness. Guarantee the benefits of jade stone therapeutic massage throughout the year.

24 – 60 minute jade stone Complete Revitalization sessions over 12 months

Complete annual package \$4000

A Savings of \$440!

All applicable taxes extra.

CUSTOM PACKAGES

Are you getting married?
Having a business / corporate event?
Incorporate the benefits of jade stone therapeutic massage. A fantastic way to reward friends, colleagues and employees with the gift and benefit of healing, wellness and complete relaxation.
Custom group packages available.
Please call: 778 227 4085 for more information.