



*Admiral Healing Arts presents...*

**www.NaturalFlowMassage.com**

**A** graduate of Bastyr University (1996) and Brenneke School of Massage, Ted has worked as a massage practitioner since 1997. Ted's mind-body oriented massage is a hybrid of Swedish Massage and advanced trainings in Deep Tissue, Injury Treatment, Neuromuscular Release, Myofascial Release and Trigger Point Technique. He combines sound knowledge of anatomy and physiology with an inclination towards energy arts (Reiki & Lomi Lomi) to provide a well-balanced massage integrating the physical, energetic and spiritual. Ted focuses on neck pain, back pain, hip pain and areas of blocked energy while working with you through education and self-awareness. Ted can help to identify negative habitual patterns in order to assist you toward a pain-free life with natural energy flow.

*Preferred Provider for most insurance plans including: Aetna, Premera, LifeWise, Cigna, Uniform, First Choice, American Whole Health, Regence, PacifiCare L&I, and PIP (auto accidents).*



Theodore Johnson, ABS LMP  
206.261.0160

*Discover the treasure in  
your own neighborhood.*

*Admiral Healing Arts is...*

- **Inner & Outer Beauty**  
*Licensed hair designer and skin therapist*  
**206.841.4112** Lisa Dodge-Johnson
- **Natural Flow Massage**  
*Licensed massage practitioner*  
**206.261.0160** Theodore (Ted) Johnson
- **Emerald City Healing Arts**  
*Licensed acupuncturist and harmonic healer*  
**206.271.7511** Judith Kaufman
- **Red Rose Massage**  
*Licensed massage practitioner*  
**206.760.0199** Wendy Rose Acorn Westerlin

*Conveniently located!*

**2132 44<sup>th</sup> Avenue SW Seattle WA 98116**



~by appointment only~

**www.admiralhealingarts.com**

# ENJOY

...relax  
refresh  
rejuvenate  
at...



*A healing respite in  
West Seattle!*



Admiral Healing Arts presents...

[www.InnerOuterBeauty.com](http://www.InnerOuterBeauty.com)

**A** licensed cosmetologist, aesthetician, and instructor since 1985, Lisa has a Masters in Whole Systems Design with a focus on Beauty, Creativity & Transformation (1998). Recognizing her clients' well-being as a whole, balancing science and nature, Lisa has a full spectrum health approach to hair and skin.

A true artist, Lisa excels in hair design supported by *Davines* haircolor from Italy and *Pureology* natural haircare products.

As skincare therapist, Lisa specializes in non-surgical face-lifts using the newest microcurrent technology, photorejuvenation light therapy, and diamond-tipped microdermabrasion. She also offers luxury facials, waxing, and divine body wraps in a spa-like setting.

A talented creative team, Lisa and her husband, Ted, founded Admiral Healing Arts in 2002.



Lisa Dodge-Johnson, MA  
206.841.4112



Admiral Healing Arts presents...

[www.HarmonicHealing.net](http://www.HarmonicHealing.net)

**N**ationally certified by the NC-CAOM and licensed by Washington state, Judith offers acupuncture, acupuncture facial rejuvenation, sound healing using Acutonics® tuning forks, foot reflexology, ear acupuncture for detox and addictions.

The most common problems she treats are neck and back pain, muscle and joint pain, headaches, as well as depression and anxiety. She has a special interest in Facial Rejuvenation. A combination of acupuncture, massage, herbology and self-care can increase collagen production to enhance the inner health of the organs for a vital, more rested appearance to the skin and soften ingrained facial expressions. Judith lives in West Seattle with her husband and twin boys.

*Accepted Insurance Plans: Aetna, Premera, LifeWise, Cigna, Uniform, First Choice, American Whole Health, PIP (auto accidents).*



Judith Kaufman, LAC MAC  
206.271.7511



Admiral Healing Arts presents...

[www.WendyRoseMassage.com](http://www.WendyRoseMassage.com)

**W**endy Rose Acorn Westerlin has shared her massage skills since 1988, using Swedish, Shiatsu, Aromatherapy, Hot Stone Massage and Reflexology. She is motivated, personal, and an incredibly gifted massage therapist who is also learning Iyengar yoga teacher methods.

Wendy believes the relationship between therapist and client is sacrosanct; no one can predict its character. Wendy connects with the relaxed and quiet client as outward trimmings fall away and one's soul reveals itself.

Aromatherapy works with essences of plants, flowers and trees, interacting with the essence of each person. Rose, lavender and lilac create a special connection.

Reflexology includes Wendy touching the feet for an hour. Points on the feet directly correspond to points on the body—the liver, adrenals, heart. Reflexology

puts the client in a deeper, relaxed state, sometimes even asleep!



Wendy Rose Acorn Westerlin  
206.760.0199