

## SERVICES OFFERED

In addition to therapeutic massage, I offer Reiki healing services to support your physical, emotional, and energetic balance. By blending massage techniques with holistic practices, I create personalized sessions that address your unique needs—whether you're seeking pain relief, relaxation, or a deeper sense of harmony.

### MASSAGE

- Swedish Massage
- Deep Tissue
- Thai Massage
- Sports Massage
- Reflexology
- Cupping

### ENERGY

- Reiki

### COMPLIMENTARY ADD-ONS

- Aromatherapy
- Cupping
- Theragun Treatment



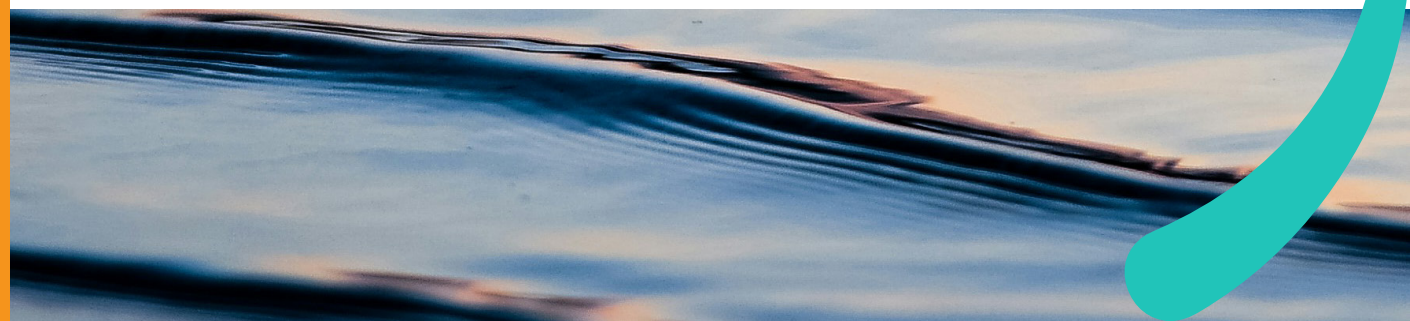
## BENEFITS OF RIGHT WITHIN

Massage therapy and Reiki healing offer a wide range of benefits that nurture both body and mind. These holistic approaches can relieve stress, reduce anxiety, and promote relaxation, creating a sense of calm and well-being. They are effective in managing chronic conditions like low-back and neck pain, easing muscle tension, and reducing the discomfort of osteoarthritis and rheumatoid arthritis.

Massage enhances exercise performance, improves range of motion, and even supports better balance in older adults. Both practices can help you sleep better, lower blood pressure, and ease symptoms of depression, while Reiki specifically supports energetic harmony and emotional resilience.

Together, they provide a powerful path to improved physical health and inner peace.

- Relieve stress
- Reduce anxiety
- Manage low-back pain
- Reduce muscle tension
- Enhance exercise performance
- Relieve tension headaches
- Sleep better
- Ease symptoms of depression
- Improve cardiovascular health
- Reduce pain of osteoarthritis
- Improve balance in older adults
- Decrease rheumatoid arthritis pain
- Promote relaxation
- Lower blood pressure
- Help chronic neck pain
- Increase range of motion
- and more...



# ABOUT RIGHT WITHIN

Hi, I'm Albert Serrato, a Massage Therapist, Holistic Healer, and Reiki Practitioner helping people feel better inside and out. I chose this path because I'm passionate about empowering clients to take an active role in their healing journey, providing a safe, supportive space for them to focus on their well-being.

As a former athlete, I know firsthand the challenges of managing long-term effects from sports injuries, and I use that understanding to help my clients prioritize self-care and maintain active, pain-free lifestyles. As a husband and father, I understand the stress and time constraints that come with balancing work and family life, which is why I strive to offer flexible scheduling to meet my clients' needs.

At Right Within Holistic Health and Wellness, my goal is to support you with personalized care that blends massage therapy, Reiki healing, and a holistic approach to help you move better, feel better, and live better.



# CONTACT ME!



ALBERT SERRATO, CMT  
MOBILE MASSAGE THERAPY & REIKI

858.255.4553  
RIGHTWITHINHOLISTIC@GMAIL.COM  
CERT #91197



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Holistic Health and Wellness