



HOLISTIC  
WELLNESS  
*with Zuri*

By Bobbie Price

## Reduce, Firm and Tone with Cryoskin

*Holistic Wellness LLC* is owned and operated by Zuri Battle. Holistic Wellness provides Cryoskin, a noninvasive body treatment for slimming toning and facials which decreases fat, reduces cellulite, and boosts collagen and elastin production. Zuri has been providing therapeutic massage since her college days on the track team, offering her massage talents to her teammates upon request after practice. Knowing the benefits of massage, she began providing therapeutic massage to her children since infancy. Zuri tends to say "the art of massage found me versus me choosing to go into the massage industry." In 2017, she decided to receive formal training at the Baltimore School of Massage, now known as Cortiva Institute. She received her license in January 2019. She shares, "because of my applied knowledge of anatomy, kinesiology, and physiology, my clients are shocked to learn that I have been

licensed for only three years. I believe this knowledge sets me apart from other massage therapists. My goal in each treatment is to relax the mind and body, eliminate pain, and help balance the client's energy. Similarly, my goal in Cryoskin treatments is more than just to improve the physical aspects of my client."

The art of body contouring is a catalyst to wellness coaching. Her goal is to help clients positively transform their minds and habits resulting in an improved physical appearance with the aid of a noninvasive, body contouring treatment. Approximately 98% of her clients have reached their physical wellness goals through Cryoskin. The philosophy behind Zuri's business is built into the name of the business: Holistic Wellness. The mind, body, emotions, and spirit work in tandem and when one or more of these aspects are out of balance, all remaining are impacted. Holistic Wellness



HOLISTIC  
WELLNESS

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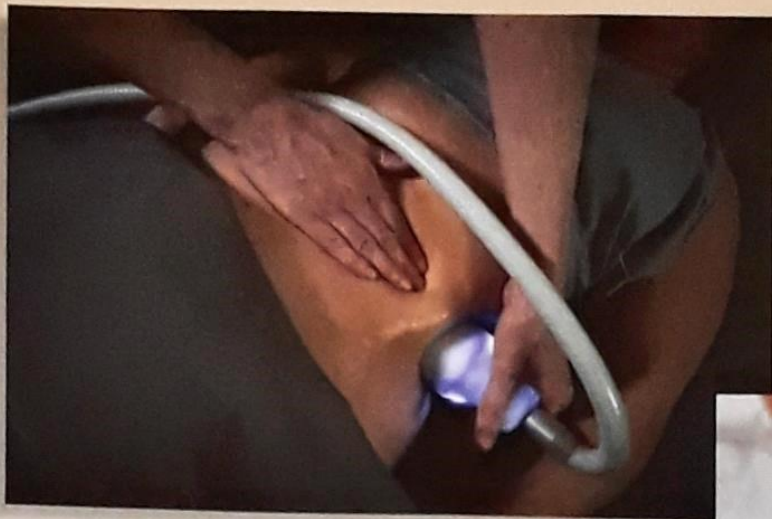
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For more information: [www.inphone.co/holistic\\_wellness](http://www.inphone.co/holistic_wellness)

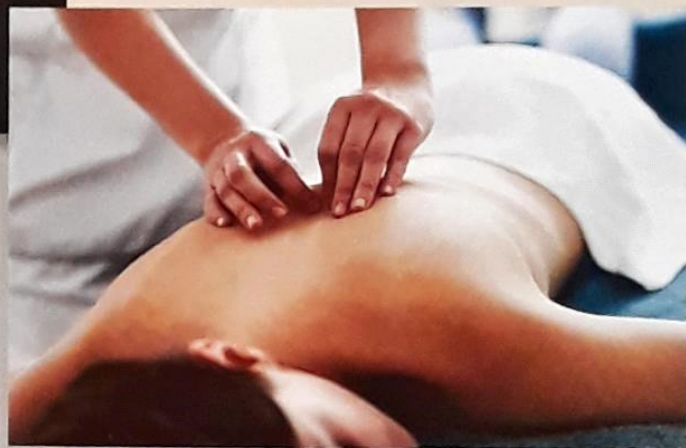
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body treatments are so popular and effective, Zuri offers them at discount rate in multiple packages and treatment session options. Zuri also offers a Zen Den membership to massage clients which is a monthly, 90 minute in-office massage membership with no application or cancellation fees. 📍

seeks to help individuals understand this connection and provides treatments, guidance, and practical tools to assist in the healing and wellness journey.



Zuri is a single mother to three young men ages 20, 18, and 16. She is originally from Connecticut, coming to Maryland for her education. Holistic Wellness is her third successful business, having previously worked in sales and the nonprofit industries for 20 years. She holds a bachelor's degree in health education with a minor in community health. She also holds a master's in business administration with a concentration and management. Zuri is a licensed massage therapist in the state of Maryland, certified Cryoskin practitioner and looking to become a certified health coach. She says "my children are my biggest inspiration and motivation behind my career. I absolutely love what I do and it feels great to show my boys that they too can earn a wonderful living by doing what they enjoy and in doing so, will never work a day in their life!"

Zuri shares a little-known industry fact: never refer to a massage therapist as a masseuse. A massage therapist is a trained professional with a license and credentials. A masseuse may not have formal massage training and may also provide additional "favors". Zuri finds people are often shocked and apologetic when they learn this information. She shares this with the public and uses the correct terminology to raise awareness.

Zuri welcomes everyone into Holistic Wellness. Therapeutic massage is also offered through a range of modalities such as Swedish Deep Tissue, Craniosacral, Shiatsu, Acupressure, Aromatherapy, Aroma point Therapy, Quantum Touch, Sports/Rehab Massage, Hot Stone and Chair Massage for events. Since Cryoskin

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