



Twenty Dollar Tuesdays

Every First and Third Tuesday of the Month- starts January 20th, 2015. Mornings 10am-12pm by appointment only
303-238-2777 (Walk in 1:00-5:00PM)

Wednesday Wellness Clinic –Referrals from Denver Health - La Casa Clinic are accepted

Every Second and Fourth Wednesday of the Month- by appointment 303-238-2777

Estara combines Indigenous Reiki TM, Holistic Integrative Therapies and Auricular Medicine to create a unique 30 minute healing experience. Ear-Auricular Therapy is an ancient Mayan-Mexican technique that is supported and documented by modern scientific studies to be effective. It is used for a variety of physical conditions, addictions, pain management, improves mood, allergies and more.

Closed on Heavy Snow Days, please call in advance