









Thanks for choosing to stay at Dryad's Realm We are so glad you have decided to book with us and we want to make sure you have a 5-star stay.

There are plenty of great restaurants nearby, as well as loads of attractions to see while you are in **Humboldt County**.

You will find a list of our favorite restaurants on page 6, plus suggestions on where to visit.

### **HOUSE RULES & CUSTOMS**

We have a few rules which we'd like to let you know about. I know rules are boring, but we'd really appreciate if you could have a quick read. Your continued presence here implies that you have read the Rules and Customs and that you intend to abide by them.

#1 – Tobacco Smoking
Tobacco smoking (or vaping) Is
FORBIDDEN anywhere on the property. No
exceptions. This includes
tobacco/marijuana combinations and use of
tobacco papers. This is a health issue for your
host, who is highly allergic to tobacco smoke.

#### #2 - Number of Guests

Ensure total guests match that on your booking. If you have more guests than what you have booked for, you will not be covered under Airbnb Insurance. This is bad for

#### everyone!

#### #3- Check Out is 12 NOON

Leave your key on the table in the kitchen on top of this manual.

#### #4 - Common Areas

You have use of all common areas during your stay. The common areas are the kitchen, laundry room/half bath, bathroom, hall way and the side yard.

#### #5 - Taliesin

Taliesin is our cat. No matter how much he begs or tries, do not let him out of the house. He has never been outside.

### **ENTRY**

If you are staying more than one night, a key will be given to you for your use. There is a \$10 fee if we have to replace it, so keep it in a safe place. When you check out, place the key on the kitchen table on top of this manual.

#### **YOUR ROOM**

. . . features a Simmons Beauty Rest queen mattress with 98 pocketed coils and a two inch latex pillow top.

In the closet you will find a chest of drawers, a wooden suit case stand, and a freshly laundered bath robe.

On top of the head board you will find the TVs remote control:



The TV is equipped with an **Amazon Fire TV** steaming system. You have access to Amazon Prime (includes HBO, Max, Paramount +) VUIT (local news), and a handful of others. The Remote has a voice control – just ask Alexa for what you want.

### **PARKING**

Please park your vehicle directly in front of the front door. There are no restrictions, it's quite safe and there is plenty of space available.

### **INTERNET**

Free Wi-Fi is included in your stay. Input from our ISP is 1 Gigabyte. 800 MBPS is the average over WiFi. This will vary depending on your WiFi adaptor. **See the back page for details.** 

### **KITCHEN**

We have basic cooking utensils and equipment that you are free to use, but we would greatly appreciate it if you could clean up before checking out. There are also condiments and cooking oil, coffee and tea.

## **LAUNDRY**

A washer and dryer can be found in the laundry room, which also contains a toilet and sink. Laundry soap and dryer sheets can be found in the center cabinet above the washer and dryer.

<u>Please close the door (but don't latch it)</u> when doing laundry. This cuts down on the noise. When using the dryer, be sure that the "END OF CYCLE SIGNAL" is in the OFF position. This control also starts the dryer.

There is an iron behind the guest door above the washer/dryer. A small ironing board is locate hanging above the recycle bin.

#### **BATHROOM**

When using the shower, be sure to turn on the exhaust fan. When the mirror has cleared someone will turn it off. Please note that the diverter (center knob) for the shower does not work.

Close and lock the door when you are using the bathroom. Leave the door open WIDE when you are done. Make a stink? Turn on the exhaust FAN. DO NOT CLOSE THE DOOR.

Be sure to close the lid (*I don't mean the seat*) for the toilet when you finish flushing.

Both bath rooms are equipped with low water toilets. There are two flush buttons: the one at the top has an image of two drips. That is for solid waste. The one at the bottom has an image of one drip. That is for liquid waste.



The basic rule of thumb is simply to leave things the way you found them.

#### RECYCLING

We are fairly fanatical about this. All plastic containers, metal cans, glass jars and bottles should be placed in the collection bin in the laundry room, behind the door. They need to be washed clean of any food or chemicals. Plastic bags, Styrofoam and "clam shell" containers are not accepted. See the end page for a complete list of what is and is not recycled.

### **TRASH**

There is a trash receptacle in your room. Please do not put food waste (that goes in the can in the kitchen under the sink) or recyclables (they go in the bin in the laundry room) in it. We have an ant problem during the rainy season and these are measures to mitigate that.

#### CERIDWEN (aka KARYN)

Ceridwen offers a number of metaphysical disciplines, services and classes, including Reiki, Astrology, Tarot readings and Numerology. In addition she offers both one on one and class courses in Astrology, Numerology, Tarot, all three Reiki degrees and priest/priestess training. These can be attained either in person or by remotely. See the attached brochure for complete information.

## **MEDITATION** ROOM

The first room on the left as you come into the house is our Meditation, or Temple, room. It is a place where you can practice meditation, yoga, or receive a massage.

## **ROWAN**

You have a room mate. You'll notice the tank in the corner of the room. This houses Rowan, a great plains rat snake. She's about 3 years old and about five feet long. She's a burrower, so you might never see her unless we take her out. She's very passive and does not bite. If you notice her looking around, let us know as it may be time to feed her. Many of our guests like to hold her and take selfies. Please request it if you'd like to meet her.

## Tuesday circa 4:00 PM until Wednesday circa 6:00PM

Tuesday is the night that the residents of the six duplexes on Harwill Court put out their garbage and recycling bins for pick up on Wednesday. The staging area is in the street between our house and 3509. A maximum of six garbage containers (grey) and six recycling bins (blue) may be located there at that time. So, we cannot guarantee your parking place during that period. However, this is not usually a problem, as there is plenty of space to park further up the street.

# RESTAURANT RECOMMENDATIONS

There are some lovely restaurants nearby which we recommend you check out. Below are some of our favorites, I hope you enjoy!

<u>In-N-Out Burger</u> - We mention this only because it is an iconic California eatery, it's VERY popular and very reliable. Order your burger "Animal Style." - 2516 Broadway, Eureka — Open every day, 10:30 AM until 1:00 AM - (10 mi, 3.8 miles)

<u>Luis's</u> -- Mexican. Authentic homemade Mexican food. They combine authentic traditional cuisines with a fun festive atmosphere. Staff is friendly, prompt, professional. Portions are generous. – 946 West Ave (Corner of West and Myrtle – 4 Min, 1.4 Miles) https://luissrestaurant.com/

<u>Kristina's</u> – Breakfast served all day. Very friendly and enthusiastic staff. High quality food from a very comprehensive menu. Portions are very generous but the prices are very reasonable, . – 250 W. Fifth St. (2.5 min -3.5 miles) <a href="https://www.yelp.com/biz/kristinas-restaurant-eureka">https://www.yelp.com/biz/kristinas-restaurant-eureka</a>

Gil's By The Bay – Another popular and usually crowded breakfast spot, featuring crab omelets made with Humboldt's Dungeness Crab (In season) --77 Halibut Ave, Eureka, CA 95503 Open 7:AM until 3:PM (18 min – 8.4 miles) http://www.gillsbythebay.com/

<u>Chapala Café</u> – Great selection of traditional Mexican dishes. Generally, there is more food per plate than -\*one can finish. -- 201 2nd St, Eureka, CA 95501 (Eureka's Old Town). Open 11 AM to 9 PM (9 min – 2.8 miles) http://www.chapalacafe.com/

Lost Coast Brewery – great lunch or light dinner menu, featuring superb burgers, fish n' chips, and their signature craft beers. *My favorite, Eight Ball, a dark stout. You can taste the chocolate.* - 617 4th St - Open 11:AM until 10 PM (7 min – 2.4 miles)

https://www.lostcoast.com/restaurant

<u>Chin's Café</u> - Traditional Chinese cuisine. Humboldt Countys best kept secret. This restaurant is the oldest Chinese restaurant in Humboldt County. The place isn't much for atmosphere, but the food rocks. -- 4200 Broadway St; Eureka Open 11:AM until 9:PM (13 min – 4.8 miles)

https://www.facebook.com/chinscafeeureka/

<u>Oriental Buffet</u> – A buffet of traditional dishes from all over the orient, including Sushi. All you can eat. -- 5000 Valley West Blvd; Arcata Open 11 AM until 9 PM (16 min – 11.3 miles) <a href="https://www.orientalbuffetca.com/">https://www.orientalbuffetca.com/</a>

<u>Annie's Cambodian</u> -- Traditional Cambodian dishes. -1917 5<sup>th</sup> St, Eureka (5 min - 1.9 miles) http://www.anniescambodian.com/

<u>Siam Orchid</u> -- For Thai in Humboldt, this is the spot. Curry and noodle dishes are always delish. -- 427 V St. Eureka (5 min., 1.7 miles ) <a href="https://www.siamorchidca.com/">https://www.siamorchidca.com/</a>

Pho Thien Long – Vietnamese/Thai. The best Pho around. Pad Thai is another favorite, fresh spring rolls, wonderful pineapple chicken curry. Delicious food, fast and excellent service from guys that have been running this place for years. - 307 4th St Eureka (8 min., 2.7 miles) — <a href="https://tinyurl.com/4ztsxhp4">https://tinyurl.com/4ztsxhp4</a>

<u>Tandoori Bites Indian Cuisine</u> features traditional Indian dishes. – 1735 4<sup>th</sup> St; Eureka Hours are 11 AM until 3 PM, and 5 PM until 9:30 PM (6 min – 1.9 miles) https://tandooribitesindianeureka.com/36553

<u>Tandoori Bites Pizza</u> – features a fusion of Indian Flavors and Classic Pizzas, all made with freshest Ingredients, making for a unique dining experience that blends tradition with modern culinary creativity. -- 215 W. 7<sup>th</sup> Street. Eureka (7 min, 2.9 miles) https://tandooribitespizza.com/

<u>Stars</u> – Voted best burger in Humboldt County 10 years in a row. I like the grilled onion burger basket. Order onion rings instead of fries. YUMMO! –2009 Harrison Ave,; Eureka – Hours 11:AM until 8:PM (3 min - 0.9 miles) <a href="https://eureka-stars-hamburges.business.site/">https://eureka-stars-hamburges.business.site/</a>

<u>Shamus T-Bones</u> - Shamus T Bones provides a diverse menu of oak fire grilled and smoked meats as well as traditional pastas, seafood, and vegetarian options as well.

--1911 Truesdale St.; Eureka. Open: 3:30 PM to 9:30 PM M-F; 11:30 AM – 9:30 PM S/S (12 min -3.9 miles)

https://www.shamustbones.com/

<u>Philly Cheesesteak Shoppe</u> - Thinly sliced ribeye steak, cheese, onions, and a delicious hoagie roll. ... This sandwich is more than just bread, meat and cheese; it is a 70 year old cultural icon born in South Philadelphia at Pat's Steaks. If you've never had a **Philly Cheesesteak**, today's your lucky day. -3050 Broadway, Eureka (4.3 Miles,9 Min.) <a href="http://www.phillycs.com/index.html">http://www.phillycs.com/index.html</a>

<u>Kebab Café</u> – Mediterranean cuisine. Very European in style. A kind of a "hole in the wall" place. Great Gyros, Skewers and Falafel. – 5000 Valley West Blvd.; Arcata (12 Miles, 17 Min.) <a href="https://www.kebabcafearcata.com/">https://www.kebabcafearcata.com/</a>

Los Bagels – Bagels, shmears, coffee. Breakfast or lunch. Owned by a Jewish man and his Mexican wife, they feature special bakery items on the Mexican and Jewish holidays. I like the poppy seed bagel with lox shmear. Open 7am-3pm -- 403 2nd St, Eureka (2.7 Miles, 7 minutes) <a href="https://www.losbagels.com/">https://www.losbagels.com/</a>

## **GUY FIERI**

...is special to us in Humboldt because he is a Ferndale native – a local who made it BIG! Several Eureka based restaurants have been featured on Guy's *Food Network* show, *Diners, Drive Ins and, Dives.* 



<u>Brick and Fire</u>-- 1630 F St, Eureka, Wed – Sun, 5-8:00 PM (2.8 miles, 7 minutes) <a href="http://www.brickandfirebistro.com/">http://www.brickandfirebistro.com/</a>

Guy recommends: Mushroom Cobbler featuring ingredients from Chef Jim Hughes' garden. It is stuffed with an array of wild mushrooms that have been oven-roasted, stewed in butter and then made into a creamy cobbler mix that is topped with biscuits and cheese.

Special Dishes: Mushroom Cobbler, Oysters

<u>Cafe Nooner</u> -- a Creole-Mediterranean fusion restaurant. Local, organic ingredients are used here to create tantalizingly fresh dishes. Guy can't get enough of the Creole-seasoned pulled pork sandwich that is crispy, tender and full of flavor. -- 409 Opera Alley, Eureka Wed – Sat, 9AM -7PM (3.1 miles 8 minutes) https://cafenooner.com/

<u>Paul's Live from New York</u> -- Here, you can find "old-school, authentic, East Coast pie." Guy's favorite is the Margherita pizza -- 604 F St, Eureka Mon-Thu: 11:30A – 9PM; Fri/Sat: 11:30A-10P (2.4 miles, 6 min) <a href="https://paulslivefromnewyorkpizza.com/">https://paulslivefromnewyorkpizza.com/</a>

<u>Big Island Kine</u> – Food Truck featuring Hawaiian recipes. Guy's favorites are the California Dreamin' and Sweet Heat bowls. https://www.facebook.com/bigislandkine

## Winter Schedule

Eureka @ Healthsport on Myrtle Tuesdays 11:30a-3p or sold out Thursdays 11:30a-3p or sold out

Eureka @ Humboldt Cider Co on Hubbard Sundays 1p-8p or sold out

Fortuna @ Kreations Auto Body Wednesdays 11:30a-3p or sold out

Arcata @ Holly Yashi Jewelry Fridays 11:30a-3p or sold out

McKinleyville @ The Ganjery on Nursery Way

Mondays 11:30a-3p or sold out Saturdays 11:30a-3p or sold out

#### **EVENINGS**

Eureka @ Humboldt Cider Co on Hubbard

Fridays 4:30p-8p

### **TOURIST ATTRACTIONS**

You will find plenty of tourist attractions in our County. Below are some of the most popular which are worth visiting during your stay here.

<u>Sequoia Park Zoo</u> – Red Pandas, River Otters, An Eagle, a Spotted Owl, Pink Flamingoes and, much, much more. Recently the Redwood canopy trail opened up so you can walk among the Redwoods 100 feet up. 3414 "W" Street, Eureka. Open 10AM to 5PM,Tues-Sun (6 min – 2.0 miles) <a href="https://sequoiaparkzoo.net">https://sequoiaparkzoo.net</a>

<u>Sequoia Park</u> – Adjacent to the Zoo, features 750 acres of old-growth beauty in the heart of Eureka. (6 min – 2.0 miles) <a href="https://sequoiaparkzoo.net/visit/sequoia-park/">https://sequoiaparkzoo.net/visit/sequoia-park/</a>

Avenue of the Giants -- CA 254 which winds in and out of US 101 for 31 miles. Auto tour of some of the most impressive Redwood giants in California. Look for the first stop, where you can pick up a brochure/map of the Avenue. Be sure to stop at every spot marked on the brochure. (55 min – 49 miles). http://avenueofthegiants.net/

Newton B. Drury Scenic Parkway -- Make sure you get off HWY 101 to see miles of big trees - you won't find too many redwoods anymore along HWY 101. To get onto the Newton B. Drury Scenic Parkway, take either exit 765, or exit 753. Located in the heart of Prairie Creek State Park, the road gently takes you past thousands of acres of old-growth redwood forests. If you want to step out of your vehicle for a few minutes (or days) to explore, there are plenty of well-marked trails and pullouts for vehicles of all sizes along the

parkway. The **Prairie Creek Visitor Center** is located towards the southern (lower) end of the parkway.

https://www.nps.gov/thingstodo/drivenbdparkway.htm

.

**Redwood National and State Parks** -- Home of the world's tallest trees, this World Heritage Site and International Biosphere Reserve protects nearly half of the world's old-growth redwoods. including champion specimens more than 370 feet (113 meters) in height—or five stories taller than the Statue of Liberty. Walk, bike, camp or, horseback ride along 200 miles of trails in the park system, which are in a unique state/federal partnership includes Jedediah Smith Redwoods. Del Norte Coast Redwoods, and Prairie Creek Redwoods State Parks. The park's forests, hills, rivers and, coastline support a rich mosaic of life, including Roosevelt Elk, whales, seals and, seasonal wildflowers such as lupine and rhododendron. The sprawling park system also provides many opportunities for scenic drives. (54) min - 48.3 miles)

https://www.nps.gov/redw/index.htm

<u>Trees of Mystery</u> -- "Lifesize" Paul Bunyun and Babe the Blue Ox welcome you to this quaint and very fun private Redwood. Park. About halfway through you'll board the "Skye Trail" which will take you up into the Redwood Canopy. Be sure to take lots of pictures! (1hr 13 min – 69 miles) <a href="https://treesofmystery.net">https://treesofmystery.net</a>

**Su-meg Village**, at Su-meg State Park. -- When you visit Su-Meg State Park, don't forget a visit to this reconstructed Yurok village consisting of traditional style family houses, a sweat house, changing houses, a redwood canoe, and a dance house. The village is used by the local Yuroks for the education of their youth and to share their culture with the public. -- 4150 Patrick's Point Dr, Trinidad, CA (32 min – 29.3 miles) https://www.parks.ca.gov/?page\_id=28291

### **BEACHES**

<u>Trinidad State Beach</u> -- It's beautiful, relaxing and just gives you a minute to relax, take deep breaths in and exhale. It's not crowded and the view from on top of the hill is perfect. 4150 Patrick's Point Drive, Trinidad (32 min – 29.3 miles)

https://www.visitredwoods.com/listing/trinidadstate-beach/513

Moonstone Beach -- Moonstone is a picturesque beach with rocks and larger sea stacks poking up out of the surf. The large two-humped rock island known as <u>Camel Rock</u> is visible to the north. -- 100 Moonstone Beach Rd
Trinidad, CA (24 min, 21 miles)

https://www.californiabeaches.com/beach/moonstone-beach-county-park

<u>Clam Beach</u> -- Clam Beach is a Humboldt County Park just off Redwood Highway 101 near the city of McKinleyville. The beach is named for the plentiful razor clams that you can dig for. Clam Beach Dr., McKinleyville (21 min., 18.6 Miles) <a href="https://humboldtgov.org/Facilities/Facility/Details/Clam-Beach-4">https://humboldtgov.org/Facilities/Facility/Details/Clam-Beach-4</a> <u>Baker Beach</u> - Baker Beach, aka "Baker's," is a secluded cove beach just south of Trinidad. It's mostly a locals beach and because of the secluded location it is frequented by the clothing-optional crowd. 1237 Scenic Dr Trinidad (28 min., 22.2 miles)

https://www.californiabeaches.com/beach/baker-beach-trinidad

**College Cove** - This is a beautiful place, a mix of quietness during the week and a lot of people on the weekend. This is a nude beach, expect to occasionally see that here. 585 Stagecoach Road, Trinidad (28 min., 24.4 miles) <a href="https://www.californiabeaches.com/beach/college-cove">https://www.californiabeaches.com/beach/college-cove</a>

<u>Samoa Dunes</u> -- As a visitor to this 300 acre park you may take advantage of a wide variety of recreational activities, including hiking, surfing, fishing, sightseeing, beachcombing, off-highway vehicle (OHV) use, picnicking, and birdwatching. - 1400 Bay St Samoa (12 min., 6.8 miles) <a href="https://www.blm.gov/visit/samoa-dunes">https://www.blm.gov/visit/samoa-dunes</a>

#### **HUMBOLDT BAY CRUISE**

The Madaket Cruise - Learn the history of Humboldt Bay on an 8.5 mile cruise along the shores of Humboldt Bay while the Captain explains local history, industries, activities, points of interest and wildlife. Seals are sure to be seen along with migratory birds, the Fishermen's Statue and the iconic Carson Mansion. Open Mid-May to October 1.15 hrs - 4 C St., Eureka (9 min – 3.0 miles)

https://humboldtbaymaritimemuseum.com/madaketmainpage.html

#### **SHOPPING**

A visit to **Eureka** would not be complete without a visit to **Old Town**. We have a huge range of shopping options.

Old Town The main shopping district in our city. Here you will over 100 shops in one area. Great coffee shops, great places to nosh. (8 min – 2.6 miles) Roughly, 1st, 2nd, & 3rd Streets, between B and M Streets (8 min., 2.8 miles) <a href="https://visiteureka.com/activities/old-town-waterfront">https://visiteureka.com/activities/old-town-waterfront</a>

Bayshore Mall - Bayshore Mall is ideally located in the town of Eureka, the center for government, healthcare, trade, and the arts for the entire California Redwood Coast region. As the only enclosed regional mall within a 155-mile radius, Bayshore Mall houses the most extensive assortment of in-demand box retailers in the region including Kohl's, Walmart, T.J. Maxx, Ulta, and Planet Fitness. 3300 Broadway, Eureka (11 min – 3.9 miles)

## **GROCERIES**

<u>Safeway</u> – Features four beautifully carved Redwood pillars of local features in front of the store. Open 5 AM to 1 AM – 2555 Harris St., Eureka (1-7 Miles, 5 Min)

<u>Winco</u> – Is an employee owned supermarket catering to those on a budget. Open 24/7. - 636 Harris (3 Miles, 8 Min).

North Coast Co-Op – As a core part of its commitment to fiscal, environmental, and social responsibility, the North Coast Co-op strives to carry products which are environmentally sound and socially responsible, which support our local community and economy, and which meet the needs of our members. You do not have to be a member to shop here. --25 4th Street (4th & B Streets) Eureka | (707) 443-6027 – 9AM to 9 PM dailty. (2.7 Miles, 7 Min.)

https://www.northcoast.coop

**Eureka Natural Foods --** Eureka Natural Foods is a family-run business serving Northern California. We strive to offer natural and organic products free of GMO's, antibiotics, hormones, pesticides and radiation. We believe that taking responsibility for your health through healthful eating and body care is a way of life. 1450 Broadway St, Eureka (3.4 Mi, 8 Min)

https://www.eurekanaturalfoods.com

<u>Farmers Markets</u> are held from June 4<sup>th</sup> to October 29<sup>th</sup>, on Tuesdays, 10 AM to 1 PM on F St in Old Town, and Thursdays in Henderson Center.

https://www.northcoastgrowersassociation.org

## **HOSPITAL / CLINIC**

In case of emergency dial 911.

<u>Providence St. Joseph's Hospital</u> - 2700 Dolbeer St., Eureka (1.4 Miles 5 Min) <u>https://www.providence.org/locations/norcal/st-joseph-hospital-eureka</u>

### **TRANSPORT**

#### **Buses**

The nearest stop (18<sup>th</sup> and Nedra) is a short 5-minute walk. It connects with the Green Route and can take you anywhere in the city.

#### Lyft

Our city now has Lyft! It is a cheaper option to taxis and is often a better service too. https://www.lyft.com/rider/cities/eureka-ca

#### Uber

https://www.uber.com/us/en/r/cities/taxi/eureka-ca-us/

## **CANNABIS**

Humboldt County is a wild place. Towering redwoods, acres of undeveloped land, running streams and a rocky coastline hold its borders in a fierce, natural glory. It's no shock that Humboldt attracts those with a pioneering spirit. Generation after generation have come to this Northern California frontier to seek fortune and freedom. The lure of gold and timber came first, but for the last four decades, another gift of nature has sustained this wild community — Cannabis.

Brought North in the 1970s by hippies and back-to-the-landers, Cannabis took to the hot days, cool nights and luscious humidity of Humboldt County. It grew—pardon the pun—like a weed. The majority of the cannabis crop was previously imported from abroad; mostly Mexico. The potential for pesticides in Cannabis grown in Mexico gave way to an interest in Humboldt-grown flower, and the quality kept them smoking it. The

main reason for Humboldt excellence, aside from an ideal climate, is that growers from Humboldt were quick to pick up on the fact that the female plant, Sinsemilla, produces the best effects.

#### **EUREKA DISPENSARIES**

Being the County Seat, Eureka is also the center of the Cannabis industry. Needless to say, there is virtually a dispensary on every corner of the downtown area. Here are our favorites:

<u>Proper Wellness Center</u> Proper Wellness Center is locally owned and operated as well female founded. Proper Wellness Center prides itself in featuring the local Humboldt County Cultivator and providing the local consumer with premier products from all over California. Mon-Sun,9 AM to 10PM – 517 Fifth St; Eureka – (7 Min – 2.4 Miles) <a href="https://properwellnesscenter.com">https://properwellnesscenter.com</a>

<u>Goat Global</u> - Nice atmosphere, selections and prices. Budtenders are professional and very informative. Mon – Sun 10AM to 9PM - 1672 Myrtle Ave Eureka, - (4 min – 0.6 Miles) <a href="https://weedmaps.com/dispensaries/dr-greenthumb-humboldt">https://weedmaps.com/dispensaries/dr-greenthumb-humboldt</a>

## **MASSAGE THERAPIST**

#### MICHAEL DREW CMT

Therapist and Teacher since 1989

## Sensitivity Knowledge Skill Experience

Individualized Healing Bodywork for You

Deep Tissue – Orthopedic – Sports Massage Myofascial Release – Neuromuscular Therapy Craniosacral Therapy – Lymphatic Drainage Shiatsu / Accupressure – Polarity – Reiki Swedish / Esalen – Thai – Somatic Approach

-----

wmichaeldrew@ms.com

Michael charges **\$100/hour** for his services. He lives across the street from us, We have a massage table we can set up in our meditation room.



After a long day driving, Michael can restore you to your most relaxed state, which should enduce some high quality sleep for your night at Dryad's Realm.

El's note: "Michael can turn your bones into butter."