



Reflexology

Reflexology is a natural healing art based on the idea that there are reflexes in the feet and hands that correspond to every part, gland and organ of the body. By applying pressure on these reflexes, reflexology relieves tension, improves circulation and helps promote the natural function of the related area of the body. Reflexology is a non-invasive technique that relieves stress and produces deep relaxation.

Reiki

Energy flows through the physical body through pathways called chakras. It also flows around us in an energy field called an aura. This energy strengthens the organs and cells of the body. When this energy flow is disrupted, due to physical or emotional trauma, it causes diminished function to one or more parts of the body. Our life force is also responsive to our thoughts and feelings and can be disrupted when we accept, consciously or unconsciously, negative thoughts or feelings about ourselves. Reiki heals by breaking up the negative energy patterns and charging the areas with positive energy.

Past Life Regression

Past Life Regression is a guided relaxation technique used to help clients recover memories of past lives or incarnations. It is a very useful tool to learn more about forgiveness and compassion, for yourself and others.

To schedule, call or text:

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