

## **Individual Sessions Descriptions**

### **Reconnective Healing (Dr. Carol)**

A hands-off energy healing that brings in new frequencies of energy, light, and information from the universe to restore balance, mental, emotional, spiritual, and physical well-being. The sessions are non-intrusive, involving laying fully clothed on a table, eyes closed, allowing energy to work with no specific outcome desired. Benefits include pain management, improved mobility, enhanced vitality, decreased stress, emotion release, increased clarity and focus, improved self-worth, heightened awareness, strong connection to the universe, DNA restructuring, repair, and improvement.

### **Massage (Jenee)**

**Hot stone:** A gentle combination of thermal therapy with the healing power of touch providing a unique approach to relaxation and gentle healing. Benefits include improved blood circulation and flow of energy, helps promote better sleep, helps reduce and manage stress, relieves muscle spasm, pain, tension, and improves muscle relaxation. Releases toxins, decreases stress and anxiety. Not for pregnant women, diabetics, people prone to blood clots, people suffering with neuropathy, open wounds or skin infections.

**Lymphatic Drainage:** Gentle specialized massage technique that uses light rhythmic strokes to stimulate the lymphatic system, helping to move excess lymph fluid, waste, and toxins out of congested tissue and into the lymph system for filtration. Benefits include decreases in swelling, boosting immunity, and supporting detoxification and relaxation.

**Swedish:** A classic massage using long gliding strokes, kneading and tapping with lotion to sooth muscles, improve circulation, reduce tension, and promote over-all well-being.

**Deep tissue:** targets deeper muscle layers to relieve chronic tension, pain and muscle spasm. Benefits include pain relief, helps recovery from injury by breaking up scar tissue and increasing blood flow. Increases range of motion, aids in recovery of injury, stress relief by reducing stress hormones, lower blood pressure and boost mood.

**Pre-natal:** Works by using gentle customized techniques, special positioning, and lighter pressure to relieve pregnancy discomforts. All this is to improve circulation and promote relaxation for mother and baby.

**Cranial Sacral:** A gentle technique to remove blocks and restore movement in the central nervous system. Trauma anywhere in the body may impact the cranial sacral system, restricting normal movement and inhibiting pulse of the fluids. Benefits include decreased chronic pain conditions, treats headaches and migraines, helps PTSD, decreases TMJ problems, relieves sinus conditions and pressure, helps earaches and IBS, helps with anxiety and depression. Not for people with recent concussion, brain injury, aneurysm, strokes, recent skull or vertebrae fractures.

### **Massage (Amanda)**

***Reiki:*** A form of energy healing that originated in Japan. It helps balance the body's energy by channeling gentle, calming energy through light touch of hands held just above the body. It's non-invasive and deeply relaxing. People seek reiki for emotion, mental, spiritual, and physical support. Benefits include deep relaxation, reduces stress, anxiety, emotional balance, supports healing and recovery, and spiritual connection.

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### **Chakra Cleansing (Genevieve)**

Chakras are energy centers in the body that are believed to be responsible for different aspects of your physical, mental, and emotional well-being. By clearing these energy centers, you can remove blockages that may be preventing you from feeling and living your best. Session will include energy reading and singing bowls. Benefits include emotional balance by decreasing stress anxiety and mood swings, greater inner peace and self-confidence, immunity boost, increased vitality, decreased pain and inflammation, mental clarity and focus, a deeper connection to self and the universe, increased feelings of purpose and fulfillment, improved relationships, increased creativity and will power.

### **Intuitive Card Reading (Genevieve)**

Session includes an in-depth tarot card reading that helps you remove the aspects of your inner self that block you from true abundance. You will start with a 10-card reading to illuminate the energy surrounding you for the next 6 months and can pull clarification cards for specific questions to dive deeper into your journey. Benefits include: gaining clarity and a deeper self-understanding, unlocking creativity, more empowered decision making, personal growth and insight, problem solving and spiritual connection.

**Mini Facials (Magda)**

***Sensitive skin:*** Calming mini facial to reduce redness and reinforce skin barrier

***Hyperpigmentation:*** Targets uneven tone and sun damage with brightening formulas including Vitamin C

***Aging and fine lines:*** Stimulate collagen production and smooth the skins surface

***Dry or dehydrated skin:*** Replenish moisture levels and restore elasticity

***Dermapen microneedling:*** Decreases signs of aging including lines and wrinkles