

Learn how your
mind and body
interact to
improve overall
well-being.



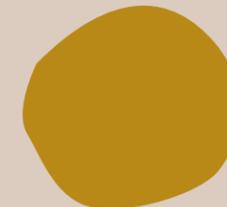
Ava's Bloom



Contact us

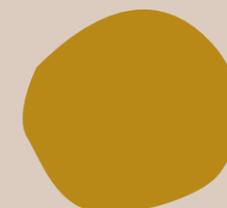
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Ava's Bloom

Energy
Healing &
Holistic
Therapy





The Basics

Energy Healing comes in many forms, at Ava's Bloom it comes in the form of Reiki and Reflexology. Both are available as individual sessions or combined in a fusion.

Hot Stones are also used in Reflexology sessions to enhance the outcomes for the client.

Energy Healing has been practiced for thousands of years across many cultures with modern influences it is now slowly being recognized as a legitimate complimentary and alternative medicine.

Energy Healing Benefits

For the Body

Promotes Harmony & Balance

Energy Healing takes a non-invasive approach to energy transfer that is extremely effective in promoting overall wellness. Through the energy transfer, the body is able to restore balance across all systems of the mind, body, and spirit. This creates harmony and enables you to continue in a positive lifestyle.

For the Mind

Relaxes and Releases Tension From The Body

What many people love the most about Energy Healing, is that it allows them to simply "be". It is a period of pure relaxation where the receiver can clear their heads and release the tension and stress of their day. The energy transfer through a healing session can assist in you feeling peaceful, relaxed, and lighter which allows for you to be in touch with your inner self and reflect clearly.

Daily Life

Clears The Mind and Improves Focus

The positive energy transfer allows the mind to focus on current events, not hold onto past mistakes, and not fret on anxieties about the future. This will help with accepting how life is unfolding and will help promote positive reactions to situations, people, and circumstances. It also helps you sleep better. You can always expect to feel extremely relaxed after an Energy Healing session.

Special Rates for
First Responder
Trauma Counselors
Member Agencies

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