

# HOLISTIC SERVICES

## Infrared Sauna (30 mins)

Using deep penetrating infrared rays, heat travels to the core of joints and muscle aches to relieve inflammation, swelling and pain. Benefits include relaxation, detoxification through perspiration and removing harmful toxins from the body

## Private Egoscure/Private Yoga Session (75/60 mins)

Spend an hour working one on one to improve the relationship you have with your body. Discover how to realign after injury, trauma and stress with an integrated approach of Eastern and Western Wisdom. You can expect to leave your tailor-made session with a take home resource to help you remember and integrate your next steps in addressing the issues in your tissues

## Massage - Therapeutic (60/90mins)

Treatments such as trigger point therapy, deep tissue massage and soft tissue manipulation will be applied to address specific problems. Therapeutic massage can also be an important aspect of a treatment plan established with your health care provider. Appropriate to relieve muscle tension, muscle cramping, or muscle spasm. Therapeutic massage improves circulation, is an excellent means of pain management, promotes healing, and reduces scar tissue. This form of massage can be an invaluable tool in the healing journey.

## Massage - Relaxation (60/90mins)

Slow, rhythmic massage strokes are the foundation of this indulgent, whole-body massage. A relaxation massage instills a sense of balance between mind and body, allowing our innate healing potential to surface. A quiet and meditative experience, often accompanied by soft music, a relaxation massage is a perfect choice to offset today's hectic pace.

## Access Bars (30/60mins)

During an Access Bars session, a practitioner lightly holds specific points on your head which, when held, dissipate the electromagnetic component of thoughts feelings and emotions. This is an incredibly nurturing and relaxing process, undoing limitation in all aspects of your life that you are willing to change.

## Akashic Records Reading (60 mins)

In an Akashic Records reading you are guided by your spiritual team to see yourself as they see you. Receive compassionate loving guidance, understanding and direction for difficult situations, relationships or upcoming decisions. Discover how past lives or experiences could be affecting you now and what you are learning on your soul's journey.

## ThetaHealing Sessions (120 mins)

Every therapeutic healing session is a new adventure into your personal development and healing journey. These 2-hour sessions are 120-minute Therapeutic Healing Session - \$225 Every therapeutic healing session is a new adventure into your personal development and healing journey. These 2-hour sessions are Coaching, and Hypnotherapy based and may incorporate additional healing modalities that are right for you including EFT/tapping, Reiki, NLP, Akashic Records and more.

## Reiki Session

Reiki is a term that comes from the Japanese word "Rei" meaning universal and "ki" meaning vital life force energy that flows through all living things. Reiki is a hands-on natural healing based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. It is a simple natural and safe method of healing. The benefits of Reiki are the following, releases tension and stress from the body, helps with sleep and insomnia, promotes harmony and balance, reduces anxiety and depression, removes any negative energies stored in the body and much more. TO BOOK REIKI – please visit <https://thehealinglibra.ca/>