



REFLEXOLOGY

Reflexology is a natural healing energy art based on the principles that

there are reflexes in the hands and feet that relate to all parts of the body. It is a method of activating the healing powers of the body. The benefits of Reflexology include stress reduction, induces relaxation, boosts immune system, removes toxins, improving circulation, aiding the body to regain its natural state of harmony and balance. Try adding aromatherapy to heighten the Reflexology experience and relax the mind.



AROMA-FLEX

Aroma-Flex combines the therapeutic art of

Reflexology and the complete relaxation experience of aromatherapy. A combination of custom blended essential oils of the highest quality will aid in relaxation. Your feet, hands and head will be treated using Reflexology points and massage techniques. The combination of essential oils and Reflexology will leave you feeling tranquil and very relaxed.



REIKI

Reiki is a natural technique that promotes

healing by balancing body energy and creating a sense of deep relaxation. Reiki removes any blockages in the energy flow and promotes positive energy. It works to restore balance, energy, harmony and a sense of wellness.