

Wellness Day Services

Please indicate which of the following services you are interested in receiving when registering with the receptionist. You may wish to consult with your practitioner if you have any questions or concerns about which services would be most beneficial to you.

Access Bars

ACCESS BARS are 32 bars of energy that run through and around your head, storing the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you ever had about anything. Running the Bars is a simple, non-invasive energy process where the facilitator lightly touches each point on the head to release the energy.

AcuPuncture Massage

APM is a relatively new technique that has quickly become accepted in Europe. No needles are used, but the basics of traditional Chinese Medicine are followed. The treatment is carried out with the use of a special rod, which adjusts the body's natural energy lines. The rod is used to massage and trace energy pathways in the body, opening blocks and dissolving walls. The treatment also includes skeletal alignment, which makes it unique. Gentle movements of the joints are combined with muscle stretching. APM provides quick, effective techniques for the treatment and monitoring of common ailments and chronic pain.

Blue Matrix Energetics™

Blue Matrix is a system of healing and energetic training that involves the laying on of hands to channel powerful, life force energy of varying frequencies. Blue Matrix Energetics™ works on the physical body, its DNA and in the more subtle layers of the energy field to affect healing and re-balancing of the body, mind and emotions. It facilitates for the client a deeper understanding and clearing on a conscious level any attitude that is causing a disturbance or health ailment; thus facilitating the healing process. In this renewed state of being, clients are able to more effectively align with their creative potential and complete the agenda of the soul.

Colon Irrigation

Colonics is a branch of hydrotherapy. It is an internal water bath that helps cleanse the colon of toxins, gas and accumulated fecal matter. The therapeutic value of colon hydrotherapy is becoming better known as a tool for the prevention of disease. By clearing the colon of impacted and putrefied waste matter, colon irrigation offers relief from a variety of undesirable disturbances. Your sense of well being is often dramatically improved and you feel lighter and more energetic

Crystal Healing

Crystals have been used for millennia as powerful healing and balancing agents. Today we know that all physical, intellectual, and psychic processes, all sensation, thought and feeling are chemical reactions within the body. These consume and create energy. Sometimes there can be too much or too little energy in the body. The crystals do their work by shifting energies and unblocking congested areas, releasing pain trapped in different centres, removing underlying energy imbalances that could lead to physical problems, and calming anxiety and fear which allows the body to heal itself.

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Emotional Clearing

Emotional Clearing is a very relaxing treatment that gently yet profoundly releases negative emotional patterns that are encoded at the cellular level of the body. These patterns are very difficult to resolve through conventional methods because they are largely subconscious, or in other words, below our level of awareness. This unique treatment works quietly at a very deep level allowing you to move into higher levels of consciousness with each session. This is where you are able to make positive changes in your life; become less vulnerable to physical disease, free yourself of negative influences and ultimately find your peace & joy in life.

Food Sensitivity Testing

Hidden food sensitivities are often at the root of many undiagnosed mental & physical symptoms. You may have the best diet in the world but if you are unable to fully digest certain foods, absorb and assimilate their nutrients not only do you deprive your cells but a very toxic environment can develop within the body. Symptoms of chronic food reactions are not always directly observable as they are issues of metabolism and can take days to manifest. Symptoms such as fatigue, headaches, arthritis, bowel issues, food addictions/cravings, skin conditions, dark circles under the eyes, frequent infections, learning challenges, etc. are often resolved rather quickly when the offending foods are removed from the diet and appropriate measures are taken to heal the gut. The testing is done in a painless, efficient and non-invasive manner.

Homeopathy

Homeopathy is a form of holistic medicine. Homeopathy is the only holistic medicine that has the potential to cure not only the physical body but the mental, emotional and spiritual bodies as well. Homeopathy looks at the symptoms that you are experiencing on all levels and prescribes a homeopathic remedy which encompasses all symptoms. Homeopathy does not look at taking away the things in life that are making you sick instead, it influences the body's own natural healing response and "jump starts" the body back into health. This is accomplished by the dynamic medicines used in homeopathy. Homeopathy allows you the freedom to experience life in a stress free, pain free way without limiting foods or activities.

Hot Stone Massage

It is more than just a massage. It is a deeply relaxing combination of therapeutic touch, Swedish massage techniques, tension melting hot stones, and aromatherapy. This treatment nurtures your mind, body and spirit.

Ionic Foot Bath Therapy with Pedicure

The Ion Foot Cleanse promotes a gentle detoxification of the body. The Ion Foot Cleanse creates precisely the same environment as the walk along the beach, only more powerfully because your feet are in direct contact with the ions being produced in the water. These ions will seek out the unbalanced ions in the body to form a balanced neutral molecule. The body will absorb what it can and start to repair itself, allowing more energy to be accepted and utilized with each treatment. Being more energetically balanced allows the kidneys, liver and colon to detoxify more effectively. Even after the first treatment your body will feel lighter and you will have more energy enjoying a greater sense of well-being.

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Lymphatic Massage

Lymphatic massage physically moves lymph fluid and cellular toxins through the body which then can be removed by the blood, liver and kidney. As a result fluids are moved and edema is reduced. Lymphatic massage increases the speed at which toxins are eliminated and increases the effectiveness of a cleansing program.

Nutritional Consultation

Personal guidance through holistic nutrition involves an evaluation of the present state of health and recommendations as individually needed. Detoxification, food sensitivity identification, restructuring of daily food programs, natural juices and fasting through nutrition can assist to re-balancing the energy of the human body.

Reconnective Healing®

Reconnective Healing® is based on the fundamental assumption that there is a universal life force energy that sustains all living organisms. This universal life force is available to all. The healing energy is channelled through the healer to the client. The process known as Reconnective Healing® attunes your body and introduces you to these energies, which allows for healing on all levels. Reconnective frequencies are easily experienced yet extraordinarily powerful.

Reflexology

Reflexology is an ancient form of healing using massage and pressure on certain points on the feet and sometimes the hands. These points are connected to all parts and systems of the body. Stimulation of these various points helps to get all the systems working better together, improving health and well being. Along with being of benefit to the recipient's health, it feels wonderful and is deeply relaxing.

Reiki

Reiki is an ancient form of healing that works on all levels (Mental, Emotional and Physical). The laying of hands will balance and unblock the energy field, bring you into a state of deep relaxation and help you to cope with daily stress. By releasing emotional blockages Reiki will clear your mind, exhilarate your actions, help you to make better choices and experience life a little bit "lighter".

Therapeutic Touch™

Therapeutic Touch™ is a healing modality in which the practitioner uses the hands as a focus for assessing the state of the recipient's energy flow and helping to restore order and balance to this movement of energy. This allows the receiver to enter a deeply relaxed state where they can turn their energies toward improving their state of being.

Transformational Breathing™

Breathing is a physiological process over which we have some voluntary control. Since the body continues to breathe on its own even when we are not consciously aware of it, we tend to take our breath for granted. Unfortunately, restricted and shallow breathing patterns are common and often a learned response triggered by emotions such as anger, fear, sadness, pain and stress. The more our breathing shuts down, the more we are cut off from our primary source of energy. Our mental and emotional states suffer; and we are no longer bringing in all the oxygen needed for healthy, nourished cells, nor releasing all of the toxins necessary for optimal health.

NOTE

Services are assigned on a first come, first served basis. Therefore, please select 4 services in order of preference and we shall do our best to accommodate your requests. If you are choosing a massage, please be aware that only one massage treatment is given on the day of Detox. All services may not be available for every Wellness Day.