

TREATMENT DESCRIPTIONS - 2009

Chiropractic Spinal Assessment is a high tech spinal scan which measures skin temperatures along your spine. This allows the Chiropractor to gauge the condition of the nervous system and then provide the necessary treatment.

Cranial Sacral Therapy is a very gentle technique of applied force (ounces of pressure) to test the cranial bone movement, and then to correct it if it is in dysfunction.

Holistic Mind-Body Healing Massage is a powerful blend of massage, intuitive healing, quantum touch, energy healing and reflexology.

Indian Head Massage is a beautiful relaxing treatment. It is a form of massage that focuses on the face, head, neck, shoulders and upper arms which are important energy centers where tension accumulates. You are seated on a chair; no oils are used and clothing is not removed. The client gets the same benefits as a regular massage. It is good for the blood, lymph circulation and is very relaxing.

Reflexology is a focused pressure technique, usually directed at the feet, head or hands. The benefits are relaxation with the removal of stress, and enhanced circulation.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

GROUP SESSIONS:

Laughter Therapy is stress management with laughter – disconnect your mind while laughing.

Gentle Exercises. A gentle movement-based class that will help you feel more open, relaxed and more connected. We will have a gentle 5-minute warm-up and stretching followed with non-impact, easy to follow movements that use the whole body. To finish, we will work on balance, stability and breathing.