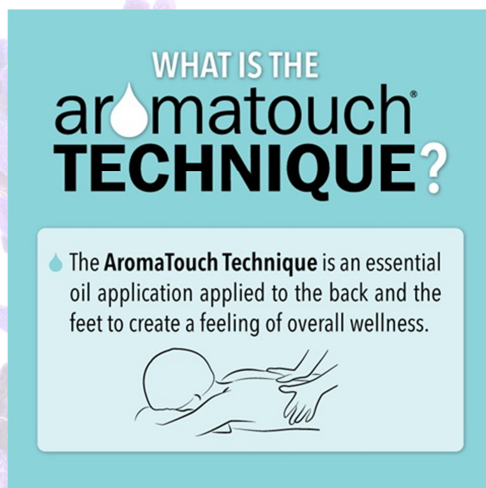




AromaTouch Technique



doTerra's Aroma Touch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

Developed by Dr. David Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the ArōmaTouch Technique improves well-being by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils for an unparalleled grounding experience.

The Aroma Touch Technique provides a strong support to the immune system and can bring immediate pain relief, particularly if the cause of discomfort and pain is underlying inflammation.

The Aroma Touch Technique includes four primary steps designed to minimize systemic stressors to autonomic balance. Each step includes the application of two essential oils or essential oil blends specifically formulated to support healthy emotional and physiological functions for wellbeing.





Sports Massage Therapy



Sports Massage Therapy involves the manipulation of soft tissue for the treatment and prevention muscle injury. It uses a full range of techniques to relieve pain, stretch muscle fibers, break down tension and restore normal movements to muscles and joints. This type of massage can be used to prevent or treat injuries associated with sports but I also most frequently use it for the treatment of occupational stressors.



Indian Head Massage



Indian Head Massage is based on an ancient Ayurvedic healing system practiced in India for over 1 000 years. It is a wonderfully relaxing therapy that involves massage of the soft tissues in the upper back shoulders arms neck scalp and face. It uses a range of different massage pressures and rhythms to stimulate these areas and help balance natural energies and clear any localised areas of negativity. There are many benefits e.g. higher levels of alertness and concentration and relief from tension headaches and eyestrain. However Indian Head Massage is not just physical; it works on an emotional level also calming the spirit promoting relaxation and relieving stress.



Bio Energy Healing



Bio-Energy Therapy is an amazing healing technique used to balance the flow of life force energy around and through the human body.

It has its origins in ancient eastern healing techniques, which were based on the belief that when the flow of life force energy, or chi, becomes disrupted, stagnant, imbalanced or depleted, personal frequency vibrates incorrectly and illness begins to take form. Bio-energy Therapy is concerned with balancing these energy flows to restore the body's natural regeneration process.

It is now widely accepted and has been scientifically proven, that the human body is not just a physical structure made of molecules and atoms, but is composed of fields of vibrating energy, refreshing and exchanging information within and around the body. This energy, which is responsible for keeping us alive, is described by quantum physics and can now be photographed and measured electronically. Ways of working with this energy, including Bio-energy Therapy, have been recognized by The World Health Organisation and are now part of health care programmes for millions of people worldwide.

The basic principle underlying Bio-Energy Therapy is, that when we are healthy and life is good, our energy flows freely and this helps to maintain good health and well-being. However, physical or emotional stress, trauma, our environment, and even our thoughts, can disrupt our energy flow and prevent our immune system from working efficiently, leading to disease and ill-health.

Bio-Energy Therapy works by reactivating the body's natural healing system. The Therapist locates the imbalances and then proceeds to release energy blockages through a series of unique hand movements,



enabling the life energy to flow. The Therapist may also offer some general advice with regard to life style, nutrition, exercise, stress management and the importance of a positive attitude.

Bio-Energy Therapy is completely natural and is safe and effective for all ages. Clients worldwide have reported positive outcomes in a wide range of conditions such as anxiety, asthma, arthritis, backache, colic, depression, digestive disorders, insomnia, lack of energy, migraine, muscle tension, skin problems, vertigo, and many more.

WHAT CAN YOU EXPECT FROM THE SESSION?

A treatment programme of Bio-Energy is carried out in forty-five minute sessions over four consecutive days and takes place in a private and relaxed setting. It is a non-invasive therapy that requires no special equipment, oils or physical manipulation. For the first part of the session the client remains standing, if possible, and for the second part the client is seated or lying down. The client remains fully clothed and there is minimal physical contact between the therapist and the client. People generally find the sessions to be deeply relaxing.

As the treatment is being carried out, clients may have feelings of tingling, heat, coolness or a pulling sensation. These are simply an indication that the energy is moving and a release of energy is taking place. Some clients report a feeling of lightness or floating, while others experience heaviness, but many people do not experience any sensation at all. It is important to note that what the client feels or does not feel during therapy, is no indication of the success or otherwise of the therapy.

Around the second or third day, some clients experience a cleansing and release, which may appear as if their condition is worsening. This is sometimes referred to as a 'healing crisis' and is in fact, a sign that healing is taking place.

On the fourth day of the treatment, the therapist may go through a health care programme with the client, explaining any changes that need to be made regarding diet, exercise, rest, attitude or other. This is an essential part of the process and is of vital importance in creating the environment, which will facilitate continued healing and better health.

Cost: €160 (includes 4 sessions over 4 days)

