



## Treatment Descriptions

### **Reflexology**

Pressure is applied to reflexes in the feet, which aids in releasing tension, improves circulation and assists body in regaining its state of harmony and balance. Reflexology is a holistic healing art which, naturally and without drugs, stimulates every part, gland and organ in the body.

### **Craniosacral Therapy**

You will experience deep relaxation during treatment and a sense of well-being after a Craniosacral therapy treatment. It employs a gentle touch and is indicated for those people experiencing a variety of conditions, such as low back pain, jaw pain, headaches, anxiety or depression. This type of manual therapy is especially effective for stress related conditions. The techniques can be used anywhere on your body, are non-invasive and act to stimulate the body's strong self-corrective capabilities.

### **Aromatherapy**

Aromatherapy utilizes essential oils, the aromatic extracts of living plants, to relax, rejuvenate and restore balance in your body. Aromatherapy can be applied in a variety of ways and you can experience following are offered in this clinic setting:

- A specialized bodywork application which is rhythmic and repetitive creating a deep sense of relaxation. Specific essential oils will be chosen individually for you.
- An aromatic steam inhalation
- An aromatic footbath
- An aromatherapy facial, head neck and shoulder massage

### **Therapeutic Touch**

Therapeutic Touch is a modern interpretation of ancient healing practices whereby the practitioners' hands facilitate healing by interacting with the client's energy field. It is most often practiced a few inches from the body, but direct touch is also employed. Practitioners use their hands to facilitate the body's natural restorative processes. Research and clinical experience have shown its effectiveness in:

- Promotion of relaxation and eliciting the Relaxation Response
- reduction of anxiety
- changing the patient's perception of pain;

*Therapeutic Touch was developed in the 1970's by Dolores Krieger, a nursing professor at New York State University, and her mentor Dora Kunz.*