

BODYWORKS

- **Reflexology**- using techniques to release energy obstructions by applying these techniques on the client's foot
- **Kinesiology**- many of you heard of the term "muscle testing". Using this classic technique utilized by Edgar Cayce, helps determine compatibility of substance and dietary supplements with your body. Allergies, other sensitivities, and wrong approach can all be determined by this method.
- **Accupressure For Home Use**- A way to self-utilize the concepts of acupressure, without the needles. Pressure can also be used to shift energy in the meridians. With careful and proper educations, clients can use this at home.
- **Topical Detoxification**- learn to properly use body wraps, bath products, and other methods to detoxify the body externally.
- **Massage Therapy**- whether it is one of our guest therapists or by referring out, we may find the massage therapy is necessary for our client. Besides the classic standard massage therapy, sessions may include therapeutic touch, reiki or shiatsu.