

Healing Treatments

Wellness Menu

<p>PURPOSE:</p> <ul style="list-style-type: none"> • Use energy, breath and body works to increase healing, improve mobility and strengthen sexual organ function. • Increase emotional comfort. • Improve cardiovascular and lymphatic system movement. • Promote body love while reducing shame. 	<p>MAINTENANCE TREATMENTS:</p> <p style="text-align: center;"> Lower Blood Pressure Promote Blood and Lymph Circulation Promote Self Love Energy Balance </p>
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Modalities

EnergyWORK		BodyWORK (Somatic)	
Botanical	Sacred	Sensate	Manipulation
Armootherapy+ Tea+ Steams/Smokes* Botanical Wraps*	Reiki Crystal Chakra Balance Kundalini Meditation*	Healing Touch: DELICATE Conscious/Light Touch Mapping Cuddling/Karuna Body Mapping Loving Reflexology BOLD Spanking Biting OTHER*: Womb Cupping Fire Cupping Lymphatic Drain Brushing Lomi-Lomi Mayan Abdominal Massage *Full Treats packages only	Trauma Healing: MOVEMENT Erotic Energy Movement Sexercise Movement Pelvic Floor Movement PRACTICE Orgasm Coaching Release and De-Armoring Work
*Full Treats or Multiple Session packages only +Complimentary with healing WORK	*Advanced level of energy training and <u>only</u> offered at my discretion.		

Sequence

60 – 75 MIN

- Room Preparation/Clearing (before guest arrival)
- Intention Statement
 - First time clients receive brief consultation. Initial sessions may be longer than 60 – 75 MIN.
- **BreathWORK** Exercise – varies by treatment
- Treatment Session – sequence varies by treatment
- Post-session Reflection