

# Light and Faith



## Intuitive Energy Session- \$90

An all-encompassing healing session based off of what your body requires at the moment! Usually incorporates Access Bars, Reiki, AromaDome, and essential oils.

## Access Bars and Reiki- \$60

Access Bars releases unwanted/stuck energy in the body allowing you to finally release energies that have been holding you back for years! Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

## AromaDome- \$20

The AromaDome provides a whole new way to utilize the inhalation of Young Living essential oils in a custom designed, contained environment. The session allows for intensive inhalation of 100% organic, therapeutic grade essential oils which optimizes and enhances their effects.

## Vita flex- \$20

"Vitality through the reflexes." Vitaflex, similar to reflexology, brings back balance to the energy pathways in a non-invasive manner, works on supporting our healthy body systems, and reduce stress and tension in the body through applying essential oils to the feet in a specific "circuit breaking" manor.

## Chakra Balancing- \$20

Chakra sessions involves the practitioner looking at the current state of your chakras and rebalancing them into alignment.

## Raindrop Technique- \$75

Young Living essential oils are used to perform the Raindrop Technique which includes vitaflex, lymphatic drainage, and oils dropped along the back and neck which releases toxins in the body. Raindrop has many benefits starting with balancing and re-aligning the energy centers of the body, stress and anxiety reduction, aids in immunity, eases muscle pain and discomfort, aids with detox, and much more!

## iTOVi Scan, \$10 or FREE with any other service

We use the iTOVi scanner to generate personalized aromatherapy evaluations. iTOVi combines bioimpedance, pressure sensor, temperature, and Bluetooth® technologies to determine which oils work best with your unique physiology!

