

Phoenix Activation Sessions

In a wonderfully relaxing session of gentle, light touches on key centers in the upper body, strong healing forces are activated to move you into a state of deep rest and active regeneration.

Clients remain fully clothed, lying on a comfortable massage table in a safe, quiet environment. Judy will hold certain points on the head and upper body. In this patterned sequence of gentle touches, healing energies of the body are unlocked. Much like dialing the correct series of numbers in a combination lock, these patterns of touch help disconnect the conscious and unconscious blocks to allow for a resetting of healing energy pathways.

According to ancient Chinese theory, the entire body and mind can be accessed through the energy meridians in the ears. In a Phoenix Session, we layer a sequence of essential oils on the ears to help relieve stress, soothe the nervous system and balance frequencies to center and rejuvenate the mind.

*Experience it
to
Believe it!*

Here are what some clients had to say after a Phoenix Session:

"This is like having a 3-week vacation in less than an hour..."
K.C.

"After several nights of restless sleep, this allowed me to really relax!" L.S.

Why essential oils?

Essential oils are the life blood of plants, or "liquid sunlight." They contain natural compounds that nourish and support wellness in every way to improve physical, emotional and spiritual health. With this technique they may help:

- oxygenate cells
- improve mental clarity
- speed release of cellular toxins
- elevate your mood
- boost stamina and energy
- relieve stress
- support the immune system and all other body systems

The addition of therapeutic grade essential oils enhances the Phoenix experience. Simply relax and enjoy...

*Schedule your next
"vacation" now!*

The Phoenix Activation Session

was developed and copywrited by a Touch For Health instructor in upstate New York, for some of the more stubborn problems his clients presented in his body-work practice. The Phoenix Activation Session reconnects your energies to turn on the healing codes of body, mind and spirit.

*Now Available
For the First Time
In This Area*

Judy Naturale
Certified Clinical Aromatherapist
Certified Massage Practitioner

With 35 years in the natural health field, Judy brings respect, gentleness, compassion, experience and integrity to her work. She offers a safe nurturing environment for a healing and transformational experience.

The effects of essential oils are dependent entirely upon their purity and their quality.

That's why Judy uses
and suggests only ...

YOUNG  LIVING®
Essential Oils

Call to schedule an appointment:

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Distributor #335840

Ask about:

Reiki Sessions
Raindrop Technique
Relaxing Massage



*Find Peace
from the stresses of
everyday life, with a
Phoenix
Activation
Session*