

Ear Coning

Dating back to ancient times, Ear Coning is an effective way to heal earaches, chronic earwax build-up, sinus congestion, allergies, and a multitude of upper respiratory conditions. The spiral of the cone and the herbal smoke in the ear canal work together to osmotically draw out physical and emotional debris into the cone. This therapy is very relaxing and non-invasive. The cone is burnt down in three stages and does not feel hot to the ear.

60 Minutes.....\$50

Traditional Thai Massage,
Moxabustion, Gua Sha, Magnet
Therapy & Cupping are also
offered.

“Running water does not stagnate - the same with your energy! When energy is blocked, you might feel ill or at least uneasy with yourself or out of sorts...” Through these gentle therapies, Judith draws on universal life energy to benefit persons of all ages and in any state of health, offering comfort, nurturing and support for the good health and balance of mind, body and spirit.

My Number One Goal:

Better health within your reach . . .

Healing beyond your dreams!

Judith Leong

Balance - Harmony - Grounding

Anyone can benefit from balancing energy and strengthening vitality. My goal is to increase the body's natural healing power by re-balancing the flow of energy. Effectively managing the effects of stress on the mind, body and spirit may be the key to maintaining health and vitality in the 21st century. These therapies promote balance, relaxation, enhance overall well-being and help restore the energy you need to meet your daily challenges and fully enjoy life!

A two thousand year old tradition of balancing energy and an integrated approach to healing!

Cancellation Policy A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

Asian Bodywork & Traditional Chinese Medicine



A Holistic Yoga Spa
Committed To
Providing Services
That Are ...

all about you!

23 Village Inn Road

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Zen Shiatsu

*“THE FIRST STEP ON A JOURNEY
SUPPORTING A HEALTHIER WAY OF
LIFE – PHYSICALLY, EMOTIONALLY AND
SPIRITUALLY”*

Zen Shiatsu balances energy! It is an ancient Japanese system of balancing the body's energy or chi by applying finger (“*Shi*”) pressure (“*atsu*”) along the 12 meridian lines. The emphasis of Zen Shiatsu is the treatment of the entire meridian, rather than specific acupoints. Zen Shiatsu is characterized by the theory of *Kyo* (*deficient*) and *Jitsu* (*excess*), its physical and psychological manifestations and its application to abdominal or “Hara” diagnosis. The therapist assesses the condition of the patient's body as treatment progresses. Therapy and diagnosis become one and are based on the paradigm of the five-element theory in nature, palpations and pulse. Zen Shiatsu is designed to release blocks in circulation and energy flow and boost the flow of healing nutrients to organs, glands, muscles and nerves. Restoration of good circulation to all tissues helps support the immune system and stimulate stimulates the body's natural inclination to heal.

Traditional Chinese Medicine (*TCM*) and other traditional Asian bodywork techniques are also used to free energy blockages in the meridians. In addition to utilizing thumb

pressure, occasionally heated ocean stones can be used as tools to affect healing. Zen Shiatsu benefits people of all ages and include, but are not limited to: reduced tension, reduced common acute and/or chronic ailments, increased circulation (*blood follows chi*) and an acceleration of healing, warmth and emotional release, prevention of health disorders, including cancer, diabetes, edema, etc., and restoration of the body's vital life force.

60 Minute Session.....\$75

Zen Shiatsu & Hawaiian Lomi Lomi

A unique blend of Hawaiian Lomi Lomi, Reiki and Zen Shiatsu that targets muscles and energetic meridians. Using the thumbs, forearms and Hawaiian hula, a light oil is massaged over the body to warm and relax the muscles using deeper pressure in tight areas. A Zen Shiatsu assessment of the body and emotional state guides the treatment through tonification and sedation of the appropriate meridians and provides the client with positive feedback for improving one's quality of life.

60 Minute Session.....\$75

Sotai

Literally translated, Sotai means “body alignment” and is a technique using the body's own power and breadth to adjust itself. If you suffer from structural misalignment or tight muscles, Sotai can correct structural aspects of the body, vertebral column and joints of the body held together by tendons and ligaments. Sotai helps to remove any structural interference with the blood, lymph circulation and workings of the nervous system and allows the free flow of chi by relaxing tight muscles that are in fact the original cause of misalignment.

60 Minute Session.....\$75

Reiki - Master Level

Reiki is an ancient laying-on-of-hands Japanese healing art. The body can carry illness from the immediate or distant past. Reiki helps to reduce stress, anxiety and pain, support and accelerate the natural healing process (*physically, emotionally and spiritually*), promotes an overall feeling of well-being and peace, magnifies the body's existing (intelligent) chi or life force and creates harmony and balance on all levels.

60 Minute Session.....\$60