

INDIVIDUAL SERVICES



EFT TAPPING

EFT Tapping, the Emotional Freedom Technique, combines traditional Chinese medicine, psychology, and acupressure principles to promote healing and well-being. It involves tapping specific points on the body while focusing on negative emotions, thoughts, or physical symptoms to release them and restore balance to the body's energy system.

HYPNOTHERAPY

Hypnotherapy with a Certified Hypnotherapist can help you work on sleep issues, stress, relaxation, pain management, and fatigue.

NURSE NAVIGATION

Nurse Navigation - are you struggling to sort through your medical options? Not sure what questions to ask your doctor? Are you looking for alternatives or suggestions for symptom management? Our Nurse Navigator can help with this and more.

ONCOLOGY MASSAGE

Oncology massage sessions are personalized to meet guests' goals while adjusting to their unique and changing needs as cancer patients. The therapist uses light and soothing pressure to help with sleep issues, relaxation, and the effects of chemo.

LYMPHATIC DRAINAGE THERAPY

Manual Lymphatic Drainage Therapy helps individuals with Lymphedema or Lipedema or anyone wanting MLD for detoxing/immunity boost. This therapy is gentle and increases lymph flow, stimulates lymphocyte production, and enhances immunity.

QI GONG

Qi Gong individual sessions consist of gentle movements and various meditations designed to massage internal organs, balance and strengthen the body's energies, relax the mind and improve circulation.

REFLEXOLOGY

Reflexology is a natural, non-invasive, complementary approach to stress reduction and improved health performed by applying pressure and touch techniques.

REIKI

Reiki is an alternative practice that attempts to harmonize and balance the body, mind, spirit, and emotions. Reiki can help relieve stress, reduce pain, increase energy, stabilize thoughts and feelings, and create inner harmony.

STARLIGHT INSIGHTS

Starlight Insights helps you explore the connections between your astrological sign, birthstones, and healing crystals. Gain insight into the unique energies associated with your zodiac sign and learn how to work with them to support balance, clarity, and well-being.