

## Deborah Sekemet Lefridge

The Healing Artist

Dancer, Healer, Teacher, Artist, Priestess

2005 Initiated into Queen Afua's Sacred Woman, 2006 SW Teacher/Priestess Training, 2006 Certified IYI Hatha Yoga, 2007 Certified Yogaskills Kemetic Yoga and Sonia Sumar's Yoga for the Special Child, 2008 Certified 1st and 2nd Degree Usui Shiki Ryoho Reiki, 2009 Certified 3rd Degree Reiki Master, Certified Visionary Reflexology, Certified Holistic Health Consultant with Dr. Llaila Afrika, 2013 Certified as a Yoni Steam Practitioner, 2014 Advance Certification in Yogaskills Kemetic Yoga, 2016 Certified in Pranic Healing, 2017, Certified in Advance Pranic Healing, 2018 Certified in Pranic Psychotherapy, 2019 Certified in Pranic Crystal Healing

In 2010 I created my small business The Sage Hut. It started out as an extension of my own personal healing, development, and growth. I quickly learned that what I put into practice for myself as well as my family I could introduce to my community. By doing so I gradually developed from a hobby into a business



## SERVICES



## THE SAGE HUT



Deborah Sekemet Lefridge  
Dancer, HHC, CKYT, CHYT,  
CYFSCT, 3rd Reiki Master,  
Advance Pranic Healer,  
Reflexologist, Yoni Steam  
Therapist, Priestess

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Monday-Saturdays 10:30am-7pm  
By Appointment Only





## Wellness Products

White Sage Clusters \$15

White Sage Purifying Spray 4oz \$30

White Sage w/Dragon's Blood \$10

Fire Sticks \$5 ea

Fire Balm 2oz \$20 4oz \$30

Fire Balm Xtra CBD oil 2oz \$30 4oz \$50

Green Mud 2oz \$15 4oz \$25

Himalayan Sea Salt Body Scrub 8oz \$25

## SERVICES

### The Yoni Steam Experience:

Increases Circulation, Tones the Uterus, Supports Reproductive Health, Anti-Parasitic, Reduces PMS Symptoms, Dissolves Mucous, Relief from Heavy Menses, Absorbs Odor, Helps with Fibroids, Endometriosis, Hot Flashes, Eliminates Toxins, Calming and Stress Relief

**THE BASIC PACKAGE (1 1/2 HOURS) INCLUDES:** Yoni Steam, Womb Massage with Essential Oils, Mini Head and Foot Massage. **\$150**

**THE PLUS PACKAGE (2 1/2 HOURS) INCLUDES:** Yoni Steam, Womb Massage with Essential Oils, Clay Wrap, Mini Head and Foot Massage, Crystal Therapy. **\$180**

**THE YONI EXPERIENCE (3 HOURS) INCLUDES:** Yoni Steam, Womb Massage with Essential Oils, Clay Wrap, Mini Head and Foot Massage, Crystal Therapy, Reiki and Pranic Healing. **\$210**

**REFLEXOLOGY:** Foot Reflexology is a “Pressure Therapy” that involves applying pressure to known reflex points located in the foot and hand to release the natural processing of the body. INCLUDED: Needed essential oils for circulation

**30** minutes Reflexology **\$60**

**60** minutes Reflexology **\$100**

**90** minutes Pranic Reflexology **\$150**

**ENERGY HEALING:** Energy Healing helps to remove blockages that can create stress in the body and mind that can prevent one from living in their true Divinity.

**REIKI/PRANIC HEALING:** Is a synergy of Reiki and Pranic Healing which brings about a calming sense of being, and is Pain and Stress Relief. **\$120**

**RA SKM:** Is a Synergy of Reiki, Pranic Healing, Crystal Therapy, Kemetic Symbolism, and Intuitive Reading. **\$160**

**INTUITIVE READINGS:** **\$75**

**Kemetic Yoga and Yoga for Special Needs Populations.** Call for Classes and Prices