

The Spiritual Spa

The best way to understand energy healing is to experience it...

www.thespiritualspa.ca

MAY 2013

VOL. 1 ISSUE 2

The Spiritual Spa held an Open House on May 4th, and it was a great success. What a great day and a great turnout. Thanks for stopping by and saying hello, it was great to hang out and chat with some of you folks. For those who couldn't be there and sent us emails and text messages in support, thank you also. We can't really put into words how much all your kind words, big hugs, and genuine warmth & support means to us, but know that it all really moved us. Thank you all so much.



Donna Smith experiences the OM frequency at her Anahata (Heart) Chakra

Door Prize Winners!

Congrats to our Open House Door Prize Winners! Christine Whelan & Joy Reaker both won a Hernder Wine Tasting Tour; Sue Allen won a 30 min Usui Reiki Session, And Donna Smith won a 60 minute Reflexology Session. Congrats & Enjoy!

Reflexology Now Available

Reflexology is an ancient practice, passed down through generations by oral history. It is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health.

Some Benefits of Reflexology

- *Relaxation with the removal of stress
- *Enhances circulation
- *Assists the body to normalize the metabolism naturally
- *Compliments all other healing modalities



We are excited to have Laura Canal with us. Laura is working towards her certification as a Registered Reflexologist, and has worked with more than 50 clients with positive reviews. Don't miss this opportunity.

*Who looks outside, dreams;
Who looks inside, awakens.
Carl Jung*

Vibroacoustic Healing

What is it exactly?

Science tells us that everything in the known universe is made up of tiny particles vibrating together at different frequencies to appear as solid matter. Everything has a vibrational frequency - an energy signature - that can be influenced by exterior sounds, vibrations, and energy fields. Frequencies, sounds and vibrations can be powerful. Because our body contains a high percentage of water, it is not surprising that sound and vibrations have such an effect on us.

Considerable research has been carried out regarding sound, vibration, and frequency, and the effects on water - commonly called Cymatics - the study of visible sound and vibration. Sonocytology is the study of sounds that various cells generate, and is a completely new field of research. Tuning forks act as an acoustic resonator, and are tuned to a particular vibration and frequency. Vibroacoustic healing can clear energy blockages, relieve stress and anxiety, and increase feelings of well being - depending on the frequency.

Benefits:

- Removes toxins
- Helps to heal soft tissue
- Increases physical energy
- Releases 'feel good' endorphins
- Provides deep states of relaxation
- Synchronizes mind-heart-body rhythms
- Opens the meridians and clears the chakras
- Expands creativity, clarity, & concentration
- Harmonizes emotional, mental, spiritual & physical bodies
- Integrates the left & right brain thought patterns
- Supports healthy circulation & immune system function

...and more...



How is it that some sounds can relax us, or rattle us? How is it that some Opera singers can break glass when they hit certain notes & pitches? Why does our favourite song uplift our spirits? Why does classical music inspire creativity and calmness? Why do people listen to nature sounds for relaxation?



We are thrilled to have *Laurie Wickabrod* with us, a certified Sonocytology Practitioner and Reiki Master.

Book your spot & experience it!

***15 min Chakra Balance \$20**

***15 min Localized Vibroacoustic Treatment \$20**

***30 minute Vibroacoustic Session \$45**



It Works! Body Wraps are slimming detox wraps for use on target areas such as your tummy, chin, arms, legs, back, etc. The It Works body wrap is a detoxifying wrap that works to target the areas YOU choose in a 45-minute application. The detox process begins as the product is absorbed in to your lymphatic system and toxins are flushed from your fat cells often causing inch loss.

1 wrap in just 45 mins ... Can you see the difference?
I ♥ this Crazy Wrap Thing!!

While many body wraps simply cause water loss, ItWorks! Uses a botanical based formula that detoxifies, tightens, tones, and firms. The natural ingredients help to deeply hydrate and nourish the skin while reducing the appearance of cellulite, and redefining the body's contours.

Detoxify with It Works! Body Wraps



Benefits of It Works! Body Wraps

- Tightens, tones, firms
- Minimizes cellulite appearance
- Improves skin texture & tightness
- Results in as little as 45 minutes
- Progressive results over 72 hours
- Made with all natural ingredients

SEE RESULTS in as little as 45 MINUTES! **ULTIMATE^{body} APPLICATOR™**

Our one-of-a-kind, herbally based body contouring Applicators™ detoxify, tighten, tone, & firm where applied to the skin.

Before **After 4 Chin & Neck Applicators™**
 Minimizes the appearance of cellulite and skin slacking!
 Mess-free and easy to apply in the privacy of your home

Before **After 1 Ultimate Body Applicator™**
 See lasting results in as little as 45 minutes!
 See progressive results with continued use!

Before **After 7 Ultimate Body Applicators™**

Experience inch loss as the all natural, botanical wrap detoxifies your fat cells, resulting in improved skin appearance, more toned texture and inch loss. Each wrap if followed by a water flush to ensure the toxins are removed from your system. Due to the nature of the detoxification, wraps can only been done every 72 hours.

Make an appointment with Kelly today & see the amazing results!

Wrap at the Spa -\$40

Wrap at Home - \$30

Wrap with a 45 min Reiki Treatment - \$75



Coming Events in May!

Beginner's Psychic & Mediumship Development

Join us for this four week course and tune into the unseen world around you. Rev Gail Ingwall will be leading this workshop on Tuesdays from 7-9pm, starting May 14th. \$60. Pre-registration please.

Lunch Break Meditation

Drop by for a 30 minute mid-day meditation to nourish the spirit. RoseAnn Waters will be leading this meditation on Thurs 1215-1245pm. Starting May 23rd. \$10 Pre-registration please.

Guest Psychics & Mediums

We host some really interesting people here at *The Spiritual Spa*. Perhaps you are looking for some insight into your career or relationships, or just looking to connect with loved ones and guides for a little direction. Christine Whelan from Mindz 'n Transit will be joining us on Sat, May 18th from 10-6pm.



*This event is already sold out, but stay tuned for a June date with this talented woman.

Massage Therapy with Jonah Winters

We are so happy that Jonah will be joining us; a talented, interesting, and insightful RMT who is trained in both Relaxation and Therapeutic Massage. Combining these two styles helps alleviate chronic conditions or speed healing injuries, while providing a soothing and restful treatment. More on Jonah in our June newsletter.

The Spiritual Spa

will be at
Pamperfest!



Join Us!

Thursday, May 23rd at Amici's from 7-11pm. We'll be offering 20 minute Usui Reiki Sessions or Vibroacoustic Treatments for only \$20 – a great way to try it out. We will also have some special spa packages prepared for Pamperfest, designed to heal and soothe.

Get your Pamperfest tickets in advance for only \$15. Tickets are \$20 at the door.



Tracy & Kelly with Donna & Marisa from Pamperfest.

Alternative healing modalities should never replace consultation with, or instruction from your Medical Doctor.

MAY 2013

The Spiritual Spa - Notes

We are offering Brock & Niagara College students special Reiki healing rates in support of the Mental Health Initiative at Brock University 30 min Reiki \$20. And we have a bus stop right in front of our door (#6 Lake St. Bus).

We also offer a special rate for Seniors – 30 min Reiki Session \$20.

VOL. #1 ISSUE #2

***The only journey is
the journey within.***

Rainer Maria Rilke



The Spiritual Spa
185 James Street
St. Catharines, ON L2R 5C4
By Appointment
289-990-3324
www.thespiritualspa.ca
healing@thespiritualspa.ca

Energy healing and more...