

BEYOND WHAT YOU SEE

Holistic Health & Wellness

Alexis N.S. Hennig

Therapies offered at “On the Lake” Wellness Center

Aromatherapy

Aromatherapy Individual Consult (Personal Therapeutic blend):

Price dependant on session and cost of custom blend ~ 30min appointment

Common methods of use for essential oils are through inhalation and per cutaneous absorption through the skin. Some inhalation methods include room sprays, aromatherapy inhaler and synergy blends used for diffusers and steam inhalation. Skin applications may include essential oils added to a base of massage oil, lotion or comfrey gel. As well as hydrotherapy via a blend to be used with a hot or cold compress, bath salt or foot soak.

After reviewing the clients details the therapist will recommend a method(s) of application, determine % of dilution and mix the customized blend that you will take home with detailed directions for use.

Aromatherapy Full Body Treatment:

\$60.00 + \$10.00 for custom blend – 1hour 30minute appointment

Session will begin with a 15minute interview, blending of your custom blend and then a one hour full body relaxation massage using your customized blend.

Aromatherapy Back Treatment:

\$30+\$10.00 for custom blend – 50minute appointment

Session will begin with a 15minute interview, blending of your custom blend and then a half hour relaxing back massage.

Aromatherapy Personal Perfume:

Price dependant on session and cost of custom blend ~ 30min appointment

A Natural Chemical Free Perfume uniquely blended for your sensory needs.

Aromatherapy Paraffin Wax Treatment:

Hands & Feet: \$50.00 + \$10.00 for custom blend – 1 hour 15min appointment

Hands only: \$30.00 + \$10.00 for custom blend – 45 min appointment

Feet only: \$30.00 + \$10.00 for custom blend – 45min appointment

Enjoy having your hands/feet dipped in warm soothing wax after a luxurious hand/foot massage with a blend designed especially for you. This treatment is beneficial for those suffering from arthritis and dry skin.

Treatment information:

All aromatherapy treatments start with a 15minute private interview to review the clients current health, discuss what is expected and/or needed and determine the best blend of essential oils designed for their individual needs.

Blending Information:

Each essential oil has its own specific properties and therapeutic benefit. This is why one oil may be used to treat a certain condition in preference of another. Aromatherapy treatments will assist your body in achieving an improvement in general health and an overall sense of wellbeing.

Other Treatments & Therapies

Rainbow Raindrop Therapy:

\$110.00 (includes essential oils) – 1hour 15minute session

Rainbow Raindrop Therapy is an advanced version of the Raindrop Technique. This therapy uses essential oils which are dropped 6 inches above the body, passing through the body's energy field to enhance the impact of the oil on the body. Oils are applied along the spine, shoulders, calves and feet, followed by methods of massage to integrate the oils into the system. Vita-flex, LomiLomi, TCM energy balancing and hot towel compress techniques help bring a level of balance and harmony to the body.

CranioSacral Treatment:

\$60.00 per hour

Using a light and gentle touch your therapist will trace areas of weakness to the original source of dysfunction and through the use of delicate manual techniques will release those problem areas and improve the form and function of your central nervous system.

LomiLomi Treatment:

\$60.00 per hour

Through light cotton clothing your therapist will use gentle flowing strokes to release and shift tension out of the body, relieving stresses, strains and muscle tension.

Cranio-Lomi Treatment:

\$60.00 per hour

A combined treatment of CranioSacral Therapy and LomiLomi Technique.

Treatment information:

CranioSacral & LomiLomi treatments are performed through light cotton clothing. This allows the client to feel safe and secure while allowing the therapist to perform the techniques more easily than through other types of clothing.

It is requested that clients either come wearing a light cotton shirt, pants and clean socks or bring them with to change into at their appointment.

Additional Information

All new clients are required to fill in an intake form prior to their first appointment.

Prepare to come approximately 15 minutes early to your first appointment to fill this form in.

You can also download it from our website at www.beyondwhatyousee.com/clientinfo.html or have it e-mailed or faxed to you, this way you can fill it in at your leisure and bring it with you to your first appointment.