

Reiki Wellness

Reiki is an ancient, Japanese healing art that uses Universal Life Energy to promote health through physical, emotional, and mental balance.

Reiki is a simple, effective, and powerful technique for healing yourself and others. Reiki is done simply by putting one's hands on the receiver's body.



The Gift of Reiki for You and Your Family

A safe, natural, hands-on therapy that promotes healing on all levels. Reiki moves towards balancing the person as a whole, both individually and collectively.

The Benefits of Reiki

Scientific research has validated Reiki's ability to relieve pain and speed healing.

Reiki also:

- Calms, relaxes and reduces stress
- Decreases drug side effects
- Decreases anxiety
- Improves sleep
- Removes blocks to healing
- Helps maintain/raise your energy level
- Decreases symptoms, e.g., of cramps, colds, headaches, PMS and sore throat
- Adapts to whatever you need the most
- Improves immune system
- Complements other healing modalities
- Accelerates physical healing

Reiki is not used as a substitute for medical treatment. Reiki practitioners do not diagnose or suggest treatment. You should continue to see your medical caregiver regularly.



The EMF Balancing Technique

The Electromagnetic Field (EMF) balancing Technique® is a powerful therapy which can help you:

- Release emotional/physical issues
- Reduce stress and increase energy
- Balance and align the energy centres, releasing stress and establishing new patterns of freedom and well-being

The Phases of an EMF Balancing Session are: Phase 1, wisdom and emotion; Phase 2, self-direction and support; Phase 3, radiation of core energy; and Phase 4, energetic accomplishment.



The Amethyst Bio Mat

The Amethyst Bio Mat is a Negative Ion and Far Infrared Ray Therapeutic Treatment System. The Amethyst Bio Mat penetrates through the skin to the muscles, blood vessels, nerves, joints and bone. Relieving tension and pressure, it also expands blood vessels to carry away toxins, reduces inflammation and brings nutrition to damaged areas.

- Eases joint pain and stiffness
- Reduces stress and fatigue
- Increases blood circulation and strengthens the cardiovascular system
- Improves the immune system
- Removes toxins
- Speeds recovery
- Improves Skin Tone
- Burns calories and controls weight



Detoxifying Foot Spa

Platinum Energy Systems™ Foot Spas assist in expelling accumulated toxins from the body through the 2,000 eccrine sweat glands in each foot. This entire session takes one hour with your feet in the foot spa for a full 30 minutes; this will be followed by a relaxing foot massage.

Releasing Toxins can:

- Increase circulation
- Increase metabolism
- Decrease sleep disturbances
- Balance pH levels
- Increase energy levels
- Increase organ and glandular functions
- Reduce stress



Far-Infrared Sauna

Solarus, Far Infrared Sauna – “Radiant Heat for Radiant Health” ... an Essential Health Tool.

“Detoxifying is the only proven way to reverse disease and slow down aging”.

Worldwide clinical studies show the effectiveness of Far Infrared Therapy in:

- Decreasing arthritis pain
- Chronic fatigue
- Muscle stiffness
- Cardio weakness
- Weight and cellulite loss
- Environmental toxicity
- Soft tissue injury
- Skin conditions
- Burning 600 to 1000 calories in a half-hour session



Benefits of a Solarus, Far Infrared Sauna:

- Sweats out toxins and waste
- Burns more calories than running 6 miles
- Increases oxygen supply to cells
- Relieves fibromyalgia and stress
- Boosts the immune system
- Purifies skin, tissues and cells

THE ZEN ROOM

A place to come and relax, renew and detoxify in the tranquility of the newly-opened "Zen Room."



Debbie is a Master-Teacher in the Usui, Karuna, and Komyo systems. She has studied and worked hands on with people for many years. She has also added many accolades to her portfolio and offers many services to improve your health and well-being.

Debbie has designed "The Zen Room" especially for you to get away from daily stresses. You will enjoy a choice of a Reiki, Foot Spa, or Sauna Session and can combine two or all three treatments, Relax, have a tea and enjoy the ambiance and peace.

"I invite you to come and experience what we have to offer." — Debbie. The Zen room is located at #41, Valley View Centre. Call (250) 743-8122.

Chakra Balancing

Chakras are energy centres. There are seven main chakras — the harmonious use of each chakra is essential to our well-being, and our wholeness. Chakra is a Sanskrit word meaning 'wheel' 'circle' or 'lotus'. Each of the seven main chakras are located near major endocrine organs in the physical body. They are connected to the functioning of the endocrine (hormonal) system in the body. Keeping the Chakra system balanced is the key to our health and well-being. Chakras regulate, maintain and manage the physical, emotional, mental and spiritual aspects of our being.



Anti-Oxidant Juices Xango Mangosteen Juice



Xango Juice is a combination of Mangosteen and Xanthones: highly potent, high-powered antioxidants that protect against free radical damage to your cells.

Positive Health Benefits

- Microbiological Balance Support
- Immune System Maintenance
- Joint Flexibility
- Positive Mental Support
- Healthier Cholesterol Levels
- Inhibition of Histamine and Allergies
- Functions as an Anti-Cancer Agent
- Kills Various Fungi and Viruses
- Increases Levels of Necessary Antioxidants
- Works to build healthier cells



Frequen-Sea — Phytoplankton Juice

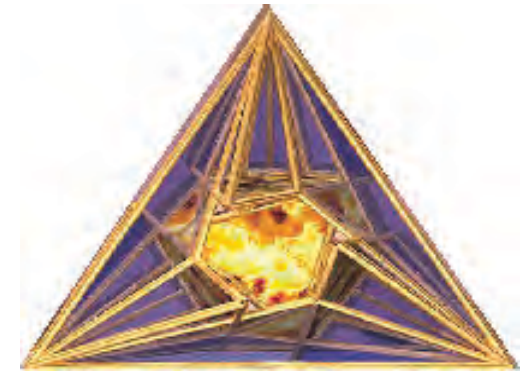
"Marine Phytoplankton is an ideal food for mankind. It's Mother Earth's Milk from the ocean."

Benefits of Marine Phytoplankton

Marine Phytoplankton provide a unique blend of phytonutrients and a naturally balanced composition of sea minerals



- Promotes General Nutrition
- Nourishes Eyes and Nerves
- Promotes Cardiovascular Health
- Supports Normal Cholesterol Levels
- Promotes Normal Blood Sugar Levels
- Supports the Liver
- Promotes Healthy Skin
- Provides Energy



Reiki Wellness

Enhance your Life,
Look and Feel Younger

Reiki Treatments

Amethyst Bio Mat

Reiki training – All Levels

Chakra & Energy Balancing

Electromagnetic Field Balancing
& Emotional Release

Platinum Energy Systems™

Detoxifying Foot Spa

Far Infrared Sauna

Antioxidant Juices

Debbie Shkuratoff

Usui/Karuna/Komyo; Reiki Master/Teacher

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