

Q2/BEFE
Revolutionary Natural
Hydro-Therapy Energy
System

35 minute relaxing footbath

The Q2/BEFE system produces a complex electromagnetic waveform that resonates throughout the water and interacts synergistically with the body's bioelectric state.

Reported Benefits:

- *Increased energy
- *Revitalized Blood Detox & Neutralization of Toxins
- *Pain & Stress Relief
- *Reduced Inflammation
- *Faster Recovery from Injury or Illness
- *Improved Sleep
- *Improved Endocrine & Metabolic Functions
- *Improved Kidney & Liver Function
- *Elimination of Menstrual Pain
- *Dermal Rejuvenation

I invite you to discover these complementary modalities for your own wellness, and experience your own healing journey.

1- hour reflexology*
(feet with hot stones & essential oils may include hands/ears, if desired) **\$60.00**
*Please allow 90 mins for first session.

1/2-hour reflexology **\$40.00**

Ear candaling (up to 2 pairs) **\$35.00**
(\$5 addt'l per candle pair >2 pair)

35-min
FOOT BATH with BEFE/Q2
natural hydro-therapy energy system **OR**
BIO-MAT vibrational resonance with
negative ion, infrared, and amethyst **\$35.00**

4—Footbath Sessions Pkg **\$120.00**

Q2/BEFE FOOTBATH or BIO-MAT
& 1/2 hr reflexology* **\$65.00**

Q2/BEFE FOOTBATH or BIO-MAT
& 1 hr reflexology* **\$85.00**

BIO-MAT 2002MX Amethyst

delivers the highest vibrational resonance deep into all tissues of the human body via combination of far infrared light, negative ions and amethyst quartz which open the channels for intelligent cellular communication leading to DNA repair and total body wellness.

Reported Benefits:

- *Improve Immune System
- *Reduces Stress and Fatigue
- *Increases Blood Circulation and Strengthens the Cardiovascular System
- *Improved Skin
- *Eases Joint Pain and Stiffness
- *Removes Toxins
- *Burns Calories and Controls Weight



Reflexology
By
Catherine

Catherine Vestraci, RN, BC

***Nationally ARCB Certified
Reflexologist***

***ACARET Accredited Educator,
AAEd.***

Member:

- MD Reflexology Assoc
- Reflexology Assoc of America
- International Council of Reflexologists

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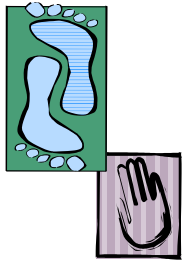
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REFLEXOLOGY

What is it?

Reflexology is scientific energy work based on the principles that specific areas on the feet and hands correspond to

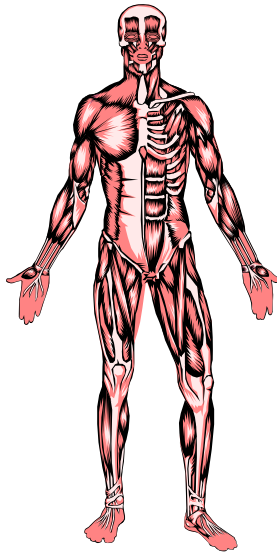


Touch and tune your life-long systems by traveling points on your feet and hands.

each system of the body. Areas are worked by applying various techniques in accupressure and enhancing the body's ability to maintain optimum circulation throughout the systems.

What does it feel like?

It feels great for the most part. Some clients even fall asleep. Most often, there is prompt relaxation. Results of the session may be immediately felt, or even 24 to 48 hours later. Optimum benefits result from initial weekly/bi-weekly sessions that are followed up with supportive tune-ups at 3 to 4 weeks, or whatever supports your body. Most clients find that it is a very nurturing experience that the body readily embraces. There are >7200 nerve endings to each foot. Over 50% of the body's bones are in the hands and feet.



The feet and hands are microcosms of the entire body systems.

What are some benefits of reflexology?

- *Relieves stress and tension
- *Increases energy and stamina
- *Boosts immune function
- *Improves sleep
- *Pain relief
- *Improves digestion and elimination

What to look for:

~Some experience deep relaxation, tranquility and serenity. Some feel more balanced, revitalized, perked up.

~Some feel fatigue, especially if they release a lot of toxins. Usually after the second or third session, they no longer experience fatigue & commonly feel energized.

~Clients who have a lot of toxins in their system may go thru a healing crisis (*flu-like symptoms*) which can begin during the session, or shortly thereafter. Headache, dizziness, coldness, nausea and sinus congestion may be some of the signs. This is reflexology working

to facilitate healing.

What works best?

Medication, drugs, and alcohol reduce sensitivity.

Best not to eat right before a session.

You would need to wait until any foot sores or skin infections are clear and resolved before having a reflexology session.

Remember how important drinking water is after sessions to flush the system toxins.

Most importantly, relax, enjoy, and see how reflexology can affect your state of wellness.

It may take a course of regular sessions before a client notices results in ongoing *chronic* problems.

****Contraindicated for anyone with blood clot history, severe varicose veins, or skin lesions.***

*****Please advise if you may be pregnant.***

