

Massage, Bodywork and other Modalities Offered at QuietStar

Note: as our practitioners work intuitively with your body, mind and spirit techniques might be combined to create just what you need at the time! Please ask us. You will find a chart of which of our practitioners practices these techniques at the end of this document.

More info at www.QuietStar.com/pract.htm.

Massage Techniques:

Hawaiian LomiLomi is based on the ancient Hula and Hawaiian spiritual tradition. Its rhythmic strokes coordinated with music and breath create an altered state of consciousness, which facilitates release and relaxation.

Transformational Massage: A Body-Mind technique integrating Swedish and Esalen-type strokes, the session is individually tailored to assist you in reaching your goals. We listen to your whole system to encourage it to deeply relax, allowing the innate healing abilities to work from the inside/out. May include hydrotherapy, aromatherapy, acupuncture and/or energy work as your body requires. Designed to assist you in transforming deeply held patterns that keep you from having the body and life you really want!

Developed by Elaina Geltner.

Other types of BodyWork:

Bowen Technique is a unique form of neuromuscular re-patterning that works primarily through the nervous system on both structural and energetic levels. It consists of a series of gentle rolling connective tissue moves, using a light touch. It restores the body's ability to heal itself, even years after an original injury. Initial Bowen Treatment consists of 3 sessions to be scheduled approximately 1 week apart. www.QuietStar.com/Bowen.htm

Myotherapy. Bonnie Prudden Myotherapy® is a hands-on, drugless, non-invasive method of relieving muscle related pain which emphasizes speedy, cost effective recovery and active patient participation for long-term relief. Myotherapy relaxes muscles, improves circulation and alleviates pain in all parts of the body while it increases strength, flexibility, coordination, stamina and energy and improves posture, gait, sleep patterns and work and play performance quickly, effectively and lastingly. www.BonniePrudden.com

Hydrotherapy can include hot and/or cold packs to stimulate circulation, relieve inflammation or encourage detoxification.

Aromatherapy: Plant-based essential oils, used individually or in combinations act on the primitive part of the brain to create deep relaxation and assist in transformation of beliefs and energy patterns. Can be added to massage and energy techniques.

Soul Path Alignment™ is a process of using guided visualization, energy work, art, hands-on-healing, inner dialoguing, journaling, movement, essential oils, sound and yoga to connect with our Higher Selves and Spirit to illuminate our purpose and facilitate its manifestation. Developed by Elaina Geltner.

Hypnotherapy

Individual hypnotherapy sessions for self actualization, healing & growth.

These include but are not limited to resolving emotional issues, reaching goals, changing habits, accelerated healing & pain control (including pre & post surgery applications), natal & past life regression.





Energy~Vibration~Chakra Techniques

Angel Harp~Chakra Clearing: The Angel Harp can open, balance, clear and center the chakras. It can also bring change on a cellular level and lift the body's vibration. The body's own healing abilities can be increased by stimulating the thymus area. The Angel Harp can bring a sense of peace, harmony and health to the listener. While you relax on the table, the Angel Harp is played on the body, creating waves of sound which clear and balance the chakras.

Chakra Clearing and Balancing The practitioner allows universal healing energies to move through his/her hands to remove debris and old ideas from the energy centers (chakras). Restores natural balance of the energy centers to promote the body's innate healing abilities, relaxation and integration of body-mind-spirit. Part of Vibrational Healing sessions.

Reiki is the name given to a system of natural healing system which evolved from the experiences of Dr. Mikao Usui. Reiki is a simple, harmless, and effective hands on technique that can help ease stress and tension. It can help the body facilitate healing on a physical, mental and emotional level. Hands are placed in different positions over a clothed body. Sessions are pleasant and relaxing. Reiki is great for children, adults, and seniors!

Vibrational Healing allows you to re-orient your life, your choices, your energy field and your body to be in harmony with who you really are. It is deeply relaxing and nourishing to body, mind and spirit. The energy field is cleared of old debris, chakras are balanced. May include sound healing, essential oils, light.

Sound Healing The use of healing sounds, including voice, singing crystal bowls and other instruments to adjust and harmonize your frequencies. (Can be included in Vibrational Healing and other sessions by request)

Luminous Field-Shamanic-LightBody Healing clears the imprints of karma and disease from the Luminous Energy Field and brings about healing at the blueprint level of your being.

Chakra Clearing and Balancing The practitioner allows universal healing energies to move through his/her hands to remove debris and old ideas from the energy centers (chakras). Restores natural balance of the energy centers to promote the body's innate healing abilities, relaxation and integration of body-mind-spirit. Part of Vibrational Healing sessions.

Reconnective Healing®

Reconnective Frequencies...

- ~ Connect us to the earth's gridlines
- ~ Enable spiritual and evolutionary advancement
- ~ Enhance and fuel renewal functions of the body
- ~ Increase vibratory levels for healing & personal development

The Reconnection™

This is a 2 session process that must be scheduled a day apart. For example, Part 1 on Saturday, Part 2 on Sunday.

Crystalline Consciousness Technique™, is a way of empowering intentions by using sound infused sacred geometry. CCT is a new system that accelerates healing, manifests your heart's desires and awakens your higher consciousness.

Spiritual Guidance Techniques: The practitioner's higher self connects with your higher self, and together we look at what is in the highest good of all. Internal dialoging, guided visualization, art expression and the Law of Attraction are some of the tools we might explore.



Angel Readings: An intuitive Angel Reading consists of loving messages from your Guardian Angels, Angels, Archangels and Spirit Guides. We tune into these Divine Beings to receive loving wisdom, guidance and healing insights. Questions about your life, work, health, and relationships can also be addressed. The positive communication from the Angels bring clarity and a sense of peace into your life. Mary may use Angel cards, the Angel Harp to clear chakras, energy clearing, and Spiritual Guidance to assist you on your path during the Angel Reading.

Soul Path Alignment™: See that section

LightBody Integration

A safe, guided journey listening to the voice of your emotional and physical bodies, illuminating the issues and stories that are held within; creating an awareness of the mind - body - Spirit connection, and alignment with your Soul's purpose.

Counseling: We have a licensed Marriage and Family Therapist and an Educational Psychologist available. Contact our office for information about:

Marriage and Family Counseling
The Phoenix Effect
Educational Counseling
Energy Psychology

GO to next page for chart of who offers which techniques!

Energy-Vibration-Chakra Sessions	Bob	Elaina	Robin	Yvonne	Mary	Laura Lee	Ron
Angel Harp		x			x		
BowenWork™	x						
Bonnie Prudden Myotherapy®						x	
Crystalline Consciousness Technique™				x			
LightBody Integration				x			
Reconnection, The			x				
Reconnective Healing®			x				
Soul Path Alignment™		x					
Chakra Clearing/Balancing		x	x	x	x		
Sound Healing	x	x	x	x	x		
Vibrational Healing		x		x	x		
Aromatherapy		x					
Luminous Field-Shamanic-LightBody Healing							x

Massage and Bodywork Sessions	Bob	Elaina	Kathy	Wendy	Dale
BowenWork™	x				
Hawaiian LomiLomi Massage	x				
Transformational Massage		x	x		
Swedish Massage		x	x	X	X
Hydrotherapy		x			

Guidance and Coaching Sessions	Elaina	Kathryn	Yvonne	Anita	Margaret	Mary
Spiritual Counseling	x		x			
ANGEL THERAPY PRACTITIONER®						x
Individual Counseling		x				
Family Counseling		x				
Hypnotherapy				x		
Educational Counseling		x				
Transformational Arts	x	x			x	
Soul Path Alignment™	x					

More information on our practitioners and links to online scheduling can be found at www.QuietStar.com, or by calling us at (805) 783-2662.

