

Massage - Hot Stone

The application of heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating a sensation of comfort and warmth.

NANAIMO

Chiquita Hessels 250-753-5656 *ad pg. 21*

Julie Romanyshyn 250-753-5656 *ad pg. 21*

Massage - Intuitive

PORT MCNEILL

Pat MacDonald 1927 Broughton Blvd
250-956-3546

Massage - Lomi Lomi

A flowing, relaxing massage technique that encourages a deep sense of relaxation and overall well-being. A spiritual massage.

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Julie Romanyshyn 250-753-5656 *ad pg. 21*

Massage - Swedish

Deep tissue work, including kneading, pounding, and chopping to help the body release toxins and allow for a greater state of health.

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Julie Romanyshyn 250-753-5656 *ad pg. 21*

Massage - Treatments

COURTENAY

Body Heart & Soul Yoga & Massage
250-338-4263 *ad pg. 16*

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Integrative Health Solutions Lily Dawn
Robertson Nanaimo/Parksville V9V 1R6 250-390-3777, 1-877-741-2443, 250-951-0882
lilydawn@island.net

Island Reiki and Relaxation Center 250-716-3442
islandreiki@pacificcoast.net *ad pg. 28*

Pure Oxygen Bar & Spa 250-754-7889
#7-70 Church St. www.pureoxygenbarspa.ca

PARKSVILLE

The Healed Soul Denise Smekal 250-468-9654, 250-751-9654
dsmek@bcsupernet.com

VICTORIA

Sapphire Day Spa 250-385-6676 *ad pg. 17*

Massage - Tui Na

Tui Na includes the use of hand techniques to massage the soft tissue usually by pushing, stretching and kneading the muscle and tendons and applying acupressure techniques to direct the flow of Qi.

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Dr. Jody Brandolini 250-753-5656 *ad pg. 21*

Life in Balance Linda Neufeld 250-714-0901
373 Franklyn St. *ad pg. 17*


Massage Supplies

Massage Therapy Supply Outlet 1-800-875-9706
www.mtso.ab.ca *ad pg. 16*

Medical Intuitive

A Medical Intuitive scan accesses information from the energy field without diagnostic tests. It often pinpoints illness in the early stages, with insight into the underlying situations. It does not 'fix' you. It provides supplementary insight from direct communication with the body.

COURTENAY



* Psychometry
Medical Intuitive Clairvoyant
Brenda Lacasse
bnglacasse@shaw.ca
Reiki Level 2 250 334 4683

Medicine Wheel - Vortex

CAMPBELL RIVER

Enlightenment Consultations Beryl
Thielmann 250-337-5211 *ad pg. 22*

Meditation Classes

NORTH VANCOUVER

West Coast Institute of Mystic Arts
604-982-0099 *ad inside front cover*

Meditation Tools

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The Sand Art Store 250-716-2777
www.TheSandArtStore.com *ad center page*



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Life in Balance

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Tui Na
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