

THE WELLNESS HUB

JANET FOLLEY Remedial Therapies Training

Emotional Freedom Technique

TFT/EFT are simple, effective and yet profound tools that assist people in removing unwanted emotion baggage, fear, trauma, phobias, addictions, etc. while instilling clarity and focus. TFT/EFT has successfully helped people with a variety of problems, from juggling life's challenges, exams, sporting events and many more.

TFT/EFT uses tapping techniques and algorithms on specific upper body meridians with repeating statements with your practitioner. TFT/EFT is a successful tool in the process of emotional recovery from emotional triggers and origins. It will shift limiting beliefs and stress from the mind and body.

AromaTouch Therapy

The AromaTouch Technique is a doTERRA essential oils systemic healing technique. It is specifically designed to facilitate a physical and emotional centering of strength and serenity to the whole body. Simple and specific oil application as a clinical approach to applying doTERRA CPTG (Certified Pure Therapeutic Grade) essential oils. Working with energy meridians and visceral contact points on the back and feet help balance the sympathetic and parasympathetic nervous systems of the body.

Lava Shells Massage

Tiger clam shells are used as a massage tool to create effective heat therapy to the body. The heat is produced by inserting a lava gel sachet and warm water into the shell. The combustion of the powder and water continually generates heat in the shells for at least an hour. Lava Shell massage is greatly enjoyable for anyone who have tight muscles as the heat from the shells gently relaxes and smooths away knots. The shells also give off calcium ions when heated and that transfers to your skin during the massage. Calcium can help to regenerate and firm the skin.

There are several benefits that heated treatments offer, including: increased extension of soft tissue, removal of toxins from the cells, enhanced blood flow, increased function of tissue cells, relaxation of sore stiff muscles and relief of painful arthritic joints.