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## Ion Foot Spa Cleanse

The Ion Cleanse Foot Spa is designed to allow the body to effectively absorb negative ions. When a cell's ion state is in balance, it can assimilate nutrients and detoxify itself effectively. However, environmental and food pollution today have caused the body to accumulate more positive ions that degenerate the cell's proper functions. Increasing negative ions rebalance cell energy which in turn helps balance the body's pH levels.

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## Auricular Coning

Auricular coning (or ear candling) has been safely practiced for centuries. The method of Auricular (ear) Candling is used to help in clearing the ear canal by the vacuum effect of the candles' draw. This may withdraw debris, wax plugs and assist in opening up the Eustachian tubes when blocked. Each Ear Candling treatment includes a relaxing facial massage.

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## All Treatments are also available in the comfort of your Own Home

Reflexology	60 Minutes	\$60.00
Reiki	60 Minutes	\$60.00
	30 Minutes	\$30.00
Auricular Coning	45 Minutes	\$45.00
Ion Foot Spa	30 Minutes	\$30.00
	60 Minutes	\$50.00

Special Rates for Seniors/Students

\*All Full Treatments include an Aromatherapy Aftercare Package

\*\*"Mini" sessions are also available for most treatments

*Fees for Nutritional Consultation and Fitness Training to be determined following a free initial assessment*

## GIFT CERTIFICATES AVAILABLE

**Monica or Francesco**

**Tel: (416)-908-6092**

*By Appointment Only*

**[HEaling\\_ART\\_S@yahoo.ca](mailto:HEaling_ART_S@yahoo.ca)  
[geocities.com/healing\\_art\\_s](http://geocities.com/healing_art_s)**

**Reiki Masters**

**Certified Foot Reflexologists  
(Reflexology Association of Canada)**

**Ask About Our Mobile Services**

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## HEaling ARTs

*Healing & Alternative  
Recovery Therapies*



**Monica or Francesco**

**Tel: (416)-908-6092**

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## Reflexology

Reflexology is a natural, non-invasive therapy embracing the whole concept of holistic treatment. The ears, hands and feet are microcosms of the body. By stimulating reflex points in the feet we send messages along the nerve pathways to the various organs; thus we stimulate and communicate with the nerve network to the body. This helps to balance the energies within the body. We are not diagnosing or treating a specific condition, we are treating an existing imbalance in the energy of the body. There are few other therapies that treat the whole body in such a gentle non-invasive manner which have no adverse side effects. We simply encourage the body to heal itself. This is nature's gift to mankind.

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## Reiki

The word Reiki (pronounced Ray-Key) is a Japanese "Kanji" for universal life-force energy. Reiki is a Japanese holistic, light-touch, energy-based modality. Through a series of hand positions, either directly on or just above the body, the therapist channels this energy transferring it to the clients' body. The client's body then draws from this energy in the amount that is required for healing.

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## Nutritional Consultation

You will receive the following:

- A Nutritional overview
- Evaluation of eating habits and Lifestyle suggestions
- An assessment of your individual nutritional imbalances and weaknesses
- Recommend specific food choices
- Supplement support to help build and maintain a balance as well as strengthen the immune system
- Advice on what foods to eat to lower your risk of certain diseases
- Tips for eating on the run
- The best way to achieve and maintain a healthy weight
- When to take vitamin and mineral supplements
- An assessment of whether you are getting enough required/important nutrients
- How to read food and nutrition labels
- What foods to eat to improve your athletic performance
- How to be a healthy vegetarian
- A balanced perception of what to believe in the media or on the Internet

***Note: Consult with your doctor before beginning any supplement regimen.***

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## Personal Trainer Specialist

(Can-Fit-Pro Certified)

Francesco provides a unique personal training system that integrates a holistic approach to resistance training. This technique primarily involves the mental, emotional and physical influences of each individual, how this impacts health and how to overcome potential fitness hurdles to achieve maximum fitness performance.

Armed with the knowledge of past experiences in physique transformation, he will customize a program to help you build a stronger, healthier you!

- Customized one-on-one or group workout programs
- Current Fitness Program evaluation and assessment
- Program Progress Monitoring
- Health/Injury Tailored Programs
- Sports Specific Training
- Fitness Equipment and Product Research and Recommendations

No matter what the fitness or health challenge, he will work with you to assist in the development of your Mind, Body & Spirit.

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