

## What is Healing Touch?

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and **self-healing**.

Healing Touch uses gentle, light or near-body touch to clear, balance, energize and support the human energy system to facilitate and support healing for the **whole person: mind, body, spirit**.

Healing Touch is a complementary, integrative energy therapy that can be used in conjunction with traditional therapies.

The goal of **Healing Touch** is to restore harmony and balance in the human energy system thus creating an optimal environment for the body's innate tendency for healing to occur.

*"Healing Touch helped me be pain-free after carpal tunnel surgery. It definitely speeded up my post-operative recovery."*

*-Gary W.*

## What can you expect?

Healing Touch facilitates a deep sense of calm and relaxation as well as overall and specific responses for body-mind-spirit healing. You may feel nurtured, balanced and energized.

A Healing Touch session can be given anywhere, from a chair in a client's home to the bed in a hospital room.

The session is typically administered while the client lies on a treatment table or bed with clothes on. The practitioner uses her/his hands to assess your energy system. S/he proceeds to clear and balance it as needed using either off body touch (near body but no direct contact) or a gentle (still) touch over various areas of the body.

An average session may last anywhere from 15 to 60 minutes, based on the client's needs, the methods being used, setting and available time.

