



How does energy healing work?

Energy therapies focus on removing energy congestion that forms in our energy fields (aura) and energy centers (chakras). It re-establishes healthy energy flow through opening, connecting and balancing the human energy system.

Healing Touch was founded by Janet Mentgen, a holistic nurse, RN in 1989 and is now an international program taught in a variety of settings.

Healing Touch Program is endorsed by the American Holistic Nurses Association (AHNA) and the Canadian Holistic Nurses Association (CHNA).

Healing Touch

Practitioners complete a rigorous training program and abide by a professional Scope of Practice and Code of Ethics. Healing Touch was the first energy therapy to offer a Certification program for its practitioners.

Your practitioner will choose the most appropriate methods for you depending on your needs, your current health status, and an energetic assessment.



*“Healing Touch gave me a feeling of clarity and a feeling of peace after surgery. I was able to rest and manage the pain with the help of Healing Touch techniques. All the doctors who looked at me in the subsequent two weeks said *You’re healing beautifully. It’s unbelievable how good you look.*”*

-Shari M.