

Vitality Package



Three 1 hr sessions for \$120.00 (1 session weekly for 3 weeks)

This package is designed to restore strength and vitality. To help those whose get up and go has got up and went. For burn out after vial illness, chronic illness, traumatic life event or just life in general.

Some benefits from these balances:

- Feel clearer, calmer and more in control
- Alleviate pain
- Improve sleep
- Improve concentration and focus
- Improve self esteem
- Improve digestion
- Restore balance and function in the body
- Increase energy and vitality to enjoy a vibrant and energetic life.