

<p>Aromatherapy</p>	<p>A technique that is used to treat stress, sleep disorders, and mood disturbances such as depression and anxiety. “Essential Oils” taken from plants and minerals are rubbed into the skin or inhaled. Scents trigger neurotransmitters that stimulate specific parts of the brain, resulting in an enhanced mood.</p>	
<p>Acupressure</p>	<p>Helps to restore the energy flow of the body to influence and improve well-being. However, unlike acupuncture, it does not use needles. Instead, the practitioner uses their hands and fingers as tools to apply pressure to specific points on the body. Acupressure helps treat and relieve pains, arthritis, and stress.</p>	
<p>Qi-Gong</p>	<p>A Chinese healthcare method, involving postures, exercises and breathing techniques. It is found to improve the immune system and can help treat a variety of ailments such as Type 2 diabetes, hypertension, and bone density. It promotes health, healing, and prevention of disease.</p>	
<p>Ayurveda</p>	<p>An ancient natural healing practice of India. The 5,000-year-old system encompasses a broad range of techniques to promote healthy living. It is based on the belief that health comes from balancing the forces of the body’s systems. It includes dietary guidelines, meditation, natural medicine, massage and various techniques to address a multitude of illnesses.</p>	
<p>Acupuncture</p>	<p>Originating from Ancient Chinese medicine, Acupuncture is used to treat numerous health issues from migraines and osteoarthritis to anxiety. It is usually used to help treat pain conditions. The procedure consists of thin needles being placed at specific pressure points in the body which stimulates endorphins and other chemicals to help relieve pain. It is traditionally believed to restore health by restoring the flow of energy known as Qi, a “Life Force”, within the body.</p>	
<p>Art Therapy</p>	<p>Based upon the disciplines of art and psychology to help people express those thoughts, emotions and experiences that may be difficult to speak about. It uses the creative process to help develop self-awareness, explore emotions, and address unresolved emotional conflicts. Art therapy uses techniques linked to the singular mode of visual art, such as sculpting, carving, painting and drawing.</p>	

<p>Climatic Therapy</p>	<p>Utilizes the natural marine climate of specific areas to help treat and relieve asthma. The sea and sunbathing component relieves irritated skin conditions like eczema and psoriasis. This form of therapy is common in the unique climate of the Dead Sea, but is found in various hill and mountainous regions as well. The air and water associated with distinctive climates delivers energy, treatment and prevention.</p>	
<p>Craniosacral</p>	<p>A form of massage used to manipulate the bones of the skull, spine and pelvic regions. The pressure relieves pain and tension and influences the central nervous system.</p>	
<p>Virtual Reality</p>	<p>Technology is used to create virtual sensory experiences. It has been used to help treat anxiety and phobias. It can also aid in treating addictions and behavioral problems such as smoking.</p>	
<p>Hydrotherapy</p>	<p>Uses water to treat a wide range of illnesses. It is commonly known for reducing symptoms of arthritis. Various exercises are practiced in warm and mineral-rich waters. Hydrotherapy can help in treating and dulling pain.</p>	
<p>Physiotherapy</p>	<p>An alternative holistic approach to aid in the healing and prevention of illness and injury. This therapy helps restore lost mobility after a serious injury or illness. Treatment can range from massages to heat therapy.</p>	
<p>Balneotherapy</p>	<p>Through bathing in mineral spas or drinking the water, this practice can aid in the treatment of conditions such as fibromyalgia, arthritis, and others. Sodium, magnesium, calcium, can be found in the water which helps in the healing of illnesses. Some spas offer mud-therapies in addition to the spa treatments. Mud therapies offer additional healing benefits.</p>	

<p>Chi Nei Tsang (Taoist Abdominal Massage)</p>	<p>Chi Nei Tsang is a blend of ancient meditation techniques with Thai and Chinese massage. It is an effective and unique form of bodywork which works directly on the abdomen, organs and associated emotions. The abdomen houses energetic and physical centres, an area often known as the second brain. This therapy detoxifies, relaxes and relieves tension to restore the natural energy flow to the area resulting in a healthier system, mind and body.</p>	
<p>Electrotherapy</p>	<p>The use of electrical energy to treat and prevent a wide range of ailments.</p>	
<p>Kneipp</p>	<p>Helps reduce fatigue, improve energy levels and ease pains and arthritis. This practice involves the insertion of limbs in cold water and the movement of the body in circular motions.</p>	
<p>Moxabustion</p>	<p>An old Chinese remedy using herbs, specifically dried mogwort or moxa, to place on the skin for a variety of treatments. The herbs are rolled & then burned to release healing properties.</p>	
<p>Pranayama</p>	<p>Ayama translates to "having control." This method of relaxation trains the body and mind to relax both physically and mentally. Prana translates to "vital energy" of the body. Both of these ideas together are essential for well-being and inner peace.</p>	
<p>Shirodhara</p>	<p>A branch of Ayurveda Therapy. This uses various warm liquids, which are poured across the forehead.</p>	

<p>Kati Vasti</p>	<p>Also a branch of Ayurveda Therapy. This method treats back and spinal pain by pouring warm and soothing liquids onto painful and sore areas.</p>	
<p>Tui Na Chinese Medical Massage</p>	<p>Also known as a deep tissue massage, this treatment heals tender and sore areas of the body. Often practiced in traditional Chinese Medicine.</p>	
<p>Cupping</p>	<p>A form of deep tissue massage, cupping can reduce inflammation, while promoting relaxation</p>	
<p>Reiki</p>	<p>A form of meditation & relaxation. Positive energy is channeled from therapist to client.</p>	
<p>Iridology</p>	<p>Uses colours and intricate patterns of the Iris to diagnose any problems or diseases.</p>	
<p>Lymphatic Drainage Treatment</p>	<p>A vital system responsible for removing waste from the body. This manual lymphatic drainage treatment can help to remove toxins from the lymphatic system.</p>	
<p>Pathaganjaly</p>	<p>Patha means feet. Many foot massages can be practiced using various pressure points to relieve pain in various parts of the body.</p>	