

Lisa's Healing Center

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Lighthouse Point, FL 33064

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#MM27808, #MA56206

www.LisasHealingCenter.com



Available Services

Massage Therapies
Healing Energy Therapies
Harmonic Body Tuning™
Skin Care
Animal Communication
Life Coaching
Intuitive Counseling
Classes

About Lisa's Healing Center

Lisa's Healing Center, owned and operated by Lisa Smith, is a Wellness Center in Lighthouse Point, FL bringing preventative and restorative lifelong health solutions to the whole client using alternative healing approaches.

Therapies

Swedish Massage increases circulation, lowers blood pressure, improves immune function and reverses the effects of stress. People who receive regular full-body Swedish massage find that they feel healthier, more energetic, less stressed, and are less susceptible to illness. (30 min, 60 min, 90 min, 120 min)

Deep Tissue Massage addresses specific tight muscles and corrects postural distortions caused by these tight muscles. The release of habitually tight muscles relieves chronic pain and speeds the healing of injuries. Deep Tissue massage is designed to penetrate the muscles by applying strong and focused pressure to the body. (30 min, 60 min, 90 min, 120 min)

Sports Massage focuses on optimizing muscle, tendon, ligament and joint health in order to prevent sport injuries or promote healing after an injury has occurred. PNF or proprioceptive neuromuscular facilitation stretching, AIS or active isolated stretching, Myofascial release therapy or Passive soft tissue release may be used during this therapy. (30 min, 60 min, 90 min)

CranioSacral Therapy is a light touch approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance developed by Dr. John E. Upledger. A CranioSacral session assesses and palpates the fluidity of the cranial sacral system which affects the body's overall health. Children and adults. (60 min, 90 min)

Senior Care faces the challenges by seniors with osteoporosis, arthritis, hip or knee replacement, chronic inflammation and pain. This light pressure therapy combines techniques that specifically target these problem areas. (30min, 60min, 90min)

Reflexology is an alternative medicine method involving the practice of massaging or applying pressure to parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health. (30 min, 60 min)



Healing Stones are used for both physical and spiritual healing in this ancient form of therapy. Not only do Healing Stones dispel tension and soothe the soul, they enhance lymph flow, remove toxins and fortify the immune system. (60 min, 90 min)

Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being, dating back to ancient Egypt. Combining essential oils with Swedish massage creates a relaxing and healing experience. (60 min, 90 min)

Aromatherapy Facial Massage is specifically designed for each individual client using essential oils for their skin type and conditions. The experience includes mini hot stones, massage and hot towels for the face, neck and scalp. Can be added to any massage. (30 min)

Edgar Cayce Techniques are documented in the work of Edgar Cayce, a medical clairvoyant for 43 years, providing medical diagnoses and treatment suggestions for thousands of people needing help. All of Cayce's readings were transcribed and have been studied by numerous doctors and are on file with the Association for Research and Enlightenment in Virginia Beach, VA. Massage techniques, essential oils and osteopathy were the most frequently mentioned in the readings. Consultation recommended.

Healing Energy Therapies

Reiki: Reiki is an ancient healing principle used to create balance and harmony to the body. Reiki is widely used and accepted within the medical community for the relief of chronic illness and pain management. (30 min, 60 min, 90 min)

Tibetan Palm Healing is an ancient Tibetan Buddhist technique that predates Reiki. This is a powerful technique used for physical problems, addictions and energy imbalance. (30 min, 60 min, 90 min)

Seichim Hands on Healing naturally coincides with traditional medicinal techniques. Seichim Healing works especially well for those who are undergoing lengthy medical treatments or have recently received an operation or other medical intervention. (30 min, 60 min, 90 min)

Harmonic Body Tuning™

We are part of a vibrating Universe. All the creatures on earth, trees, plants, mountains, valleys, oceans even the earth itself pulses and vibrates with life. These pulses and vibrations form interconnecting fields of energy harmonizing our whole body when a person is in balance.

The application of **Harmonic Body Tuning™** uses a variety of different tuning forks, each with its own vibration, placed on specific areas on or around the body. These vibrations elicit responses within the body. The body reacts by restoring itself to a healthier and more harmonic system.

Harmonic Body Tuning™ will help you experience profound inner relaxation, creating a sympathetic parasympathetic balance or idling of your central nervous system. As your nervous system comes into tune, benefits can include enhanced cell vitality and vascular flow, stabilized metabolism, increased energy, stamina and a greater sense of wellbeing.



Chakra Tuning

With sweeping and combing techniques, the individual chakras are brought back into balance. (30 min, 60 min)

Deep Tissue Massage with Tuning

With the use of specific tuning forks for muscle tension, trigger points and stubborn muscles are released. This treatment relieves chronic pain and speeds the healing of injuries. (60 min, 90 min)

Swedish Massage with Tuning

Specific tuning forks are used for specific balancing of the central nervous system and tense muscles. This balancing helps you body experience complete relaxation. (60 min, 90 min)

Mind, Body and Spirit Tuning

This treatment is the ultimate in physical, emotional, mental and spiritual energy harmonization. By transmitting vibration directly into the joints, bones, tissue, acupuncture points and trigger points, greater joint mobility, enhanced circulation, release muscle tension and release pain are achieved. Individual chakras are brought back into balance and the sympathetic/parasympathetic system is retuned. (90 min, 120 min)

Mind and Body Tuning

Mind and body work using various tuning forks directed into the joints, bones, tissue, acupressure points and trigger points. Sympathetic/parasympathetic system reboot as well. No chakra work included in this treatment. (60 min)

Reflexology with Tuning

Hot stones, tuning forks and hot towels will be applied during this wonderful Reflexology treatment. (30 min, 60 min)



Skin Care

with Luz Edith Fuentes

A Facial is a deep cleansing treatment applied to the face and one of the best ways to take care of your skin. Facials are designed to eliminate clogged pores, blackheads, and other impurities affecting the appearance and overall skin health. Incorporating a variety of cleansing and anti-aging regimens, a facial cleans, exfoliates and nourishes the skin. By promoting a clear, well-hydrated complexion, facials help keep your skin looking younger and healthier.

Animal Communication

with Jane Solomon

Animal Communication is an intuitive gift we all have within ourselves. It is the natural ability to make a telepathic connection with other beings, human and animal. All beings are born with the ability to communicate intuitively by sending and receiving thoughts, emotions, and images.

With a quiet mind and open heart, Jane Solomon, Animal communicator, helps build a deeper relationship with your pets. Instead of struggling with an animal to human relationship, you can now communicate as friends. This new relationship can be beneficial for you and your pet in many ways.



Jane Solomon

Life Coaching

with Lovie Louhisdon

A life coach helps assist you with your personal development, especially in the area of setting and achieving specific goals. The coaching relationship is based on the belief that each person has the inner wisdom and the capability to take charge of their own life.

Focusing on your current life situations and the future you are envisioning, Lovie Louhisdon helps you overcome the obstacles that are standing in the way of achieving those goals.



Lovie Louhisdon

Intuitive Counseling

with Nancy Jo Zifer

Intuitive Counseling uses a variety of skills and services combining therapeutic techniques and intuitive abilities to assure clients that inner guidance is always available. Supporting clients in developing the skills they need to break free from the past, make a shift, and move forward on their path.

Let our Intuitive Counselor, Nancy Jo Zifer, assist you in developing your intuition and work with you to overcome your obstacles so you can create and attract your ideal life.



Nancy Jo Zifer

For Additional Information Call:

954-415-6285



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