

**Autumn 2016**

***New Session! AcuReiki Essence©***



I now offer a session which combines Acupressure, Reiki and the use of essential oils! I had worked with essential oils in carrier oils for massage therapy many years ago, but discontinued it because although it was a lovely session, it was too much personal exposure to the oils for me. In January of this year, I reconnected with my teacher and mentor from the former Acupressure Institute, and realized I wanted to work with the oils again, combining it with Acupressure and Reiki.



**How it Works**

There are many key acupressure points on the energy channels, which have specific actions. A drop of a specific single essential oil is placed on the point with which it resonates, being absorbed into the skin and enhancing the effect of the point. For example, as part of the popular “Relieve Tension & Restore Vitality” sequence, rosemary has a stimulating quality which supports the action of Large Intestine 11 (“Crooked Pond”), which relieves immune system weaknesses to restore vitality. Another example: Bergamot, which has an uplifting, clarifying, and relaxing quality, is gently applied while holding the Ear Shen men and Ear Zero Point which deepens the effect of holding these points which serve as a reset for the nervous system.

**A Basic Session**

A typical AcuReiki Essence© session is 75 minutes, which includes releasing blocked chi along the spine, followed by a very relaxing head, neck and shoulder acupressure sequence to ensure that the chi has a clear pathway. Then I work with individual points to which I apply essential oils to relieve tension and restore vitality. Reiki flows throughout the session as well. If specific concerns need to be addressed, then the session is 90 minutes.

**You are in control!**

One important element of this session: You are always in control! As part of the initial check in for the appointment, you are able to sample each oil to see if you like it. If you don't, it won't be used, and an alternative might be substituted. Very small amounts of the oils are used, so the scent doesn't become overwhelming.



**Customized Formulas**

Also, if you are working with a specific condition, I can customize an essential oils formula for you! I would formulate it prior to your next session, and let you sample it at that appointment. If you like it, it will be used in session, and you can take it with you for use at home. I will provide a reference sheet for the appropriate acupressure points. (It should be noted that I don't sell essential oils. Their use is included in the cost of the session. For more detailed information on pricing for AcuReiki Essence© sessions, please go to [www.acureikihealingarts.com/acureiki-essence](http://www.acureikihealingarts.com/acureiki-essence).