

# **CRYSTAL HEALING THERAPY**



**Dee McCall**

(C.H.S.V.A.)

*Crystal healing therapy is a very relaxing and uplifting experience which ultimate aim is to bring balance back into the body. Crystals, some of which are millions of years old are not only beautiful but also hold high-vibrational energy. During a session, individual crystals are chosen for their unique healing ability and are placed on the central energy centres (chakras) to clear and release imbalances. This lifts the low vibration and allows light to come in, enabling upliftment and grounding to take place.*

*Often, this fast-changing world leaves us feeling tired or stressed which can challenge our energy levels. As chakras relate to organs, glands and aspects of our psychological and emotional make-up, it is important to keep these centres in balance in order to maintain good health. Crystals can assist us to cope more easily because they transmit and amplify high vibrations into a tired system. They not only clear blocked energy, but bring a wonderful sense of relaxation and peace.*

*When our energy (chakra) system is stabilised and enhanced through the*

*power of crystals and gemstones we are able to feel more present, clear and calm. Pure crystal energy is a positive and gentle way of tuning into our own inner peace and strength.*

*During a session, loving and confidential support is given towards a clearer understanding of any issue.*

*The session usually takes around an hour and a half. A course of 3 treatments, which are recommended, can be booked at a discounted price.*

*Appointments available through :*

*Wood Farm Complementary & Healing Centre*

*Wood Lane, Starston, Harleston  
Norfolk IP20 9PP*

*Tel: 01379 854 295*

*Email:*

*crystals@healingandrelaxation.com  
For directions to Wood Farm see over*