
Other Tools for Healing in Lynn's Toolbox



Aromatherapy Consultations—Using
Young Living Essential Oils

Spiritual Pendulum Readings—Get in
touch with what your spirit is communicating
to you.

Emotional Freedom Techniques—
Tapping

Lynn's Purpose In Life Is To:

*Validate those in transition to see
their own brilliance, value and life
path by finding the best tool or
technique to transform old attitudes
and thoughts.*

Certifications:

- BS In Social Work
- Reflexology
- Aromatherapy
- Raindrop Technique
- Wellness Coaching
- Reiki Teacher-I. II. III



Classes

- ▶ **Essential Oils for a
Toxin-Free Body and Home**
- ▶ **Reflexology I and II**
- ▶ **Reiki I, II, and III**
- ▶ **Healing Oils of the Bible**
- ▶ **Vibration of Spirit Classes**

Contact Lynn for more information.

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Wholistic Approaches

Tools for Healing
and Relaxing

Mind, Body and Spirit



solereading.com

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Soul to Sole

Relax and get
in touch with
your higher self.

15 minute foot massages

Group minimum 6

Events

Parties

In the Workplace

De-stress for more
productivity, less illness



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What is Reflexology?

A natural healing art using reflex points in the hands & feet that correspond to every organ and system in your body.

Applying pressure to these points triggers your organ or system to unblock and release tension, restoring natural function.

Benefits

- Increases circulation in your body
- Relieves fatigue, pain and stress
- Helps diabetic neuropathy, lower back and foot pain

What is Reiki?

A Japanese term, it means **Life Force Energy**. Through a “laying on of hands” reiki brings this energy back into balance.

Benefits

- Reduces fear, stress, and pain
- Promotes relaxation
- Releases blocked memories
- Integrates emotional issues
- Expands spiritual awareness
- Promotes deep meditative states

What is Raindrop Technique?

This is a sequence of anointing with oils using a laying on of hands with massage techniques to provide structural and energetic alignment to the body in a gentle and relaxing manner. The natural chemistry of the oils work to ward off viruses and bacteria while correcting and improving cellular function in the body.

Includes the use of nine specific essential oils and two custom picked for you.



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