

Sunset Heal Lemon Grass Spa Offerings



Aromatherapy Foot Bath



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When you realize that every part of your body has a reflex point on the foot, you will understand how you can revive quite quickly by having an Aromatherapy footbath and Massage.

Stimulating trigger points in the feet enables the body to relax which, in turn, promotes the body's natural healing processes to become activated.

We will soak your feet in a bowl of water to which we'll have added essential oils. If you are over-stressed, it can help you relax. If you feel lethargic, it can help revitalize you

Each essential oil has different healing properties. For example, some calm while others energize. Here are some widely used essential oils and their properties:

- Calming – chamomile, lavender, geranium
- Uplifting – ylang ylang, clary sage, rose, neroli
- Energizing – rosemary
- Cleansing – rosemary
- Decongesting – eucalyptus, pine, tea tree

Your Healing Begins at Sunset Heal

*“Beatrice has a wall full of degrees and certifications in fields such as Reiki, Theta DNA and Aromatherapy and she specializes in Massage Therapy for physical ailments. She has had **success in helping stroke victims** recover from facial paralysis which I found impressive. I always saw that as a permanent condition but the nerve and muscle damage can be repaired or retrained.*

*I’ll confess to not knowing much about exactly what Beatrice does but I can tell you she knows what she is doing. She is an intelligent and articulate woman who speaks with confidence and I’m **impressed with her ideas on healing and alternative medicine**. I was most intrigued by what I learned about DNA Theta Healing but you can get Reiki and Massage treatments as well. **Theta Healing may hold some promise for my autistic son** and we’re exploring ways she can help us with his condition.” www.jamaicamax.com*

Healings Experiences at Sunset Heal -- At Sunset Heal we have testimonials from many clients who have experienced amazing results from the Sunset Heal Spa treatments. Those clients include individuals suffering from: cancer, epilepsy, neurological disorders, fibromyalgia and a host of other theoretically incurable diseases.

Contact Sunset Heal Mountain Retreat and Healing Center

<http://www.sunsethealjamaica.com>

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