

Sunset Heal Lemon Grass Spa Offerings



Relaxing Aromatherapy Steam Bath



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Transport yourself to a place where body and mind hum with peace as you relax in a fabulous aromatherapy steam bath.

When you inhale the essential oil molecules, messages are transmitted to the limbic system and affect heart rate, stress level, blood pressure, breathing, memory, digestion, and the immune system. Essential oils are also known to be

absorbed through the skin.

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

Sunset Heal Will Soothe Your Mind, Body and Spirit

*“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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