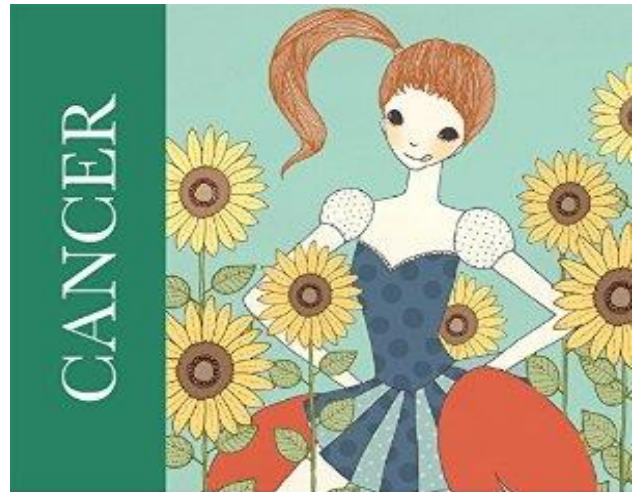


Kristie Townsend



(VTCT, FHT, IHHHT, IIST, IHBC, BTEC, NOCN, ITEC, CIDESCO, OCR/RSA, CIBTAC, C&G, AoR, ISAP, CAM PGICH)

Membership (Professional & Paid), Nationally Recognised Qualifications & CPD with these Awarding Bodies and Affiliations.

Qualifications include;

Diploma in Stress Management

Diploma in Holistic Therapies

BTEC National Diploma in Beauty Therapy Sciences

Services, Therapies, Treatments and Products

Offering a wide range of services and products of excellence,

Holistic Therapies

IMPORTANT NOTICE: Esoteric, Spiritual Treatments, Energetic Workings, Holistic and Non-Holistic Therapies, Beauty Treatments, Informal Learning Groups, Circles, Classes and Readings are NOT intended to replace the advice and guidance of Medical Professionals. They should be used as a supplemental to help facilitate good health and well-being. ALWAYS SEEK MEDICAL ADVICE FOR AN ONGOING AILMENT.

Our Philosophy:- We are of the belief the human body from your mind to your immunity and down to your very thoughts can impact you in the most positive and negative ways. Our aim is to bring you the highest quality Treatments, Therapies, Learning Resources (That contain the very best advice, information etc. in the most empathic, professional, Up-to-date Products, Procedures and Research Material possible). *Our goal is to get you into the best health possible, and keep you there*, and we do this one Consultation, Therapy, Treatment, Reading, Care Plan, Informational Publication, at a time.

Our Mission: Our products and practices are unique in that we produce high quality-high impact services. Holistic Health Healer Leicester finds the researchers, writers, and knowledge necessary to bring you the very best practices, procedures, products and information that can change lives to all who stand to benefit. Our most proud asset is the ability to produce a Highly Regarded, Professional, Uniquely Personal Experience. We believe that you must do what truly matters - TAKE ACTION - Your Time Matters To Us. We respect your time. It is the one thing money can't buy, and is the most precious of all commodities. We want to help you, so that you can get on with life the way you desire, and in the quickest most action pact manner possible. We want you to takeaway many self-care, self- awareness practices and concepts, from each appointment, therapy, treatment, Care Plan, and related educational publications, then dive into them. Speed of implementation is our core, and wasting time isn't part of it, so, Attend Your Appointment, Enjoy your Uniquely Personal Session, Listen to your Highly Experienced and Professional Therapist, Follow their advice, guidance and suggestions to maximise the benefits of the service.

Holistic, Alternative and Complementary Therapies That We Offer Include:-

Aromatherapy - (Essential Oils Blended For Individual Client Use - **With DETAILED INSTRUCTIONS, GUIDELINES AND SAFETY PRECAUTIONS**, - Specifically for A Physical Ailment, Condition, Spiritual Healing, Empower and Revitalise Personal Energy and/or Emotional Wellbeing) Anyone can benefit from aromatherapy massage. A whole body massage is often enough to ease muscle pain and stress; with the use of essential oils, you get a more potent treatment.

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>

Aromatherapy is the use of essential oils for healing purposes. It is also possible to use other aromatic compounds in combination with these oils. You can massage these oils into the skin or inhale them. Researchers continue to make further studies on how aromatherapy and essential oils can effectively heal ailments. This is what they know so far, that "scent receptors" found in the nose, send a message to the amygdala and the hippocampus in the brain; these two are the "storage houses" for your memories and emotions.

When the essential oil molecules are inhaled, their scents stimulate the amygdala and hippocampus, which can in turn influence your mental, emotional, and physical health.

Aromatherapy can trigger a positive physical and emotional response by stimulating your endocrine and limbic systems. Essential oils can also help ease anxiety, reduce stress, and quiet your restlessness, and various physical ailments.

Reflexology - (Vertical, Synergy, Zone) - Works primarily based on the principle that each and every part of the body is symbolised on the hands and feet of a person. Although the primary focus of reflexology is on the feet, according to this holistic healing therapy, both the hands and feet function as a map to the entire body. If the appropriate amount of pressure is applied to the particular areas of hands and feet, known as reflexes, therapeutic effects can be produced in other part of the body. When pressure is applied to these areas, then the flow of energy is stimulated which helps in releasing blockages and obstructions throughout the body. Reflexology therapy is done only with thumb, fingers and hands without using anything for lubrication. It is based on the principle that specific areas on the feet and hands are connected to certain glands, organs and other parts of the body; and if appropriate pressure is applied to those areas then it can improve medical condition in the related body parts.

Indian Head Massage -

Holistic Facial Therapies – Using Traditional Facial Treatment Methods with the addition of Acupressure, Chinese Qi (energy) trigger points, Facial Massage Sequence, Organic Purpose-Made Products, Including Masks, Ear Reflexology, and Specialised Healing Techniques and/of Tools. Each Facial is unique to the individual Client and their Requirements

Crystal Therapy - Crystals vibrate at different frequencies. This can be used to help you to focus and attune to your energy, promoting relaxation and healing.

Colour Therapy - A therapist trained in colour therapy applies light and colour in the form of tools, visualisation, or suggestion to balance energy in the areas of our bodies that are lacking vibrancy, be it physical, emotional, spiritual, or mental.

Vibrational healing implements a variety of tools, from crystals and water, to soothing aromas and sounds.

A colour therapist can help direct you from "out of tune" patterns to new approaches that resonate with your body's healthy frequencies. Each of the seven spectrum colours (red, orange, yellow, green, blue, indigo and violet) is attuned to the energy in seven primary chakras or energy centres of the body.

A colour therapist uses colour to heal the body using a variety of different tools.

Gemstones & Crystals - The healing properties of various precious stones and crystals are used to balance the energy centres.

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>

An infusion of a particular gemstone - as indicated by the affliction, is made by dipping the washed gemstone in water and placing it in the sun for a period of 2 hours. The gemstone is then removed and this charged water is drunk. Use only glass vessel to make the infusion.

Coloured Fabric - specific coloured clothes are worn and one is supposed to remain in the sun for an hour or more.

Coloured Bath - Different colours are mentally visualised moving around the energy centres to heal them.

Coloured Eye Lenses & Glasses - The wearer of the coloured glasses or lens allows the colour to enter the eyes. The colour reaches the endocrinal glands and causes changes at the hormonal and cellular level.

Coloured Candles - These have healing properties. When the candle is lit, the vibrations associated with that colour are activated and thrown in the surrounding area, magnified manifold. These vibrations affect those who are in the vicinity. The energy levels of the healer and patient are raised.

Coloured Food - Coloured foods also heal. Orange foods are stimulating, red foods give energy, green foods detoxify, yellow foods enhance weight loss while blue and purple foods soothe.

Coloured Light - Specific body areas are targeted by specific coloured lights. The primary colour is used followed by its complementary colour.

Solarised Water - This is the water that has been energized by keeping it in different coloured bottles for a definite period of time. Consumption of this water heals the body.

Remedial Exercise - (Yoga, Tai Chi, etc.) – Advice, Demonstrations, Practical Sessions, Excellent for correcting poor posture

Qi Gong – Powerful yet Gentle Exercise incorporating Meditation and Mindfulness

Thermal Auricular Therapy - (Hopi Ear Candles)

Acupressure -

Massage - (Aromatherapy, Sports, Swedish, Deep Tissue, Mother & Baby, Hot Stone, Crystal Grid Energiser)

A whole body massage is one of the best ways to end a stressful day. If you don't have time to spare for a whole body massage, you can get a few drops of your favourite essential oil blended with a carrier oil, for safety, and rub it on your temples to help you relax. You can also use essential oil for foot massage. Rub a few drops of essential oil on your chest and stomach to enjoy a good night's sleep. A gentle massage on your temples can relieve simple headache. A simple back massage helps relax tensed joints and muscles.

Chakra Cleanse - (Removing Negative Energy), Balancing, Re-energising, Reinforcing Protection and Strengthening your own Personal Space, and Chakras.

What is a Chakra? The word 'chakra' literally translates from the ancient Sanskrit language into "wheel or disk". Personal development through yoga, meditation and practitioners of Ayurveda believe that the human body contains at least seven chakras, or spinning disks of energy, located along the length of the spine from crown to base. It is believed that the chakras are locational sites for energy that corresponds to physical, emotional, mental and spiritual wellbeing.

It is believed that a person's life force (also known as Prana) moves through the chakras and is affected by the quality of the chakra itself. That means, that a blocked chakra would stunt the flow of Prana through the body and have a negative effect on the body as a whole. It is believed that an individual can affect the quality of their wellbeing by becoming in-tune with their chakras and making conscious adjustments to the body to improve Prana flow.

How is my life influenced by chakras? Because chakras deal with the flow of energy in the body, chakras affect the way an individual feels, thinks and reacts. Individuals will experience their chakras in different levels, and may find it difficult to maintain balance between the seven.

Individuals with chakra imbalances can experience:-

Dominant negative or unhelpful emotions

Consistent bodily ailments (e.g. regular sore throats, headaches)

Easily triggered feelings of anger, fearfulness or anxiety

Bodily aches unassociated with exercise or illness

Poor work performance, and more

****Chakras can be balanced, healed and manipulated to help improve wellbeing. The balance and alignment of chakras can vary minute-to-minute, day-to-day, week-to-week and more! Chakras are influenced by environmental factors, personal experiences and interactions. Your Therapist will attune to your chakra strengths and weaknesses, during the treatment and accommodate alignment activities to suit.**

Aura Cleanse, Balance and Energise - The Aura

The standard definition of the aura goes like this: Scientists agree that every person, place, or animal has a rainbow-like energy field, called an aura, that pulses around the corporal body. In people, the aura is a measurable electromagnetic field close to your skin that can, depending upon your emotions and the state of your health, reach as far from the body as thirty feet. Between the top of your head and the base of your spine there is an electrical potential of around 400 volts, which is part of the body's electromagnetic field. The layers of your aura send messages to your brain all the time. Your aura is linked to the physical body by the seven energy vortexes of the body, called chakras (Sanskrit for "wheel of light"). Together with the life force known as chi (cosmic energy), the aura and the chakras work to maintain your overall balance and good health. Using a variety of techniques such as, but not

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>
necessarily, Smudging, Tibetan Healing Bowl, Medicine Sticks, Crystals, Essential Oils, Energetic Healing, Colour, Prayer. The
Treatment plan is adapted and unique to **YOU ONLY**.

Reiki – Ancient Chinese Healing Procedure

Angelic Healing Session – Calling upon YOUR Own, Designated, Assigned Angelic Guardians, to Assist with Healing, Balancing and
Empowering Your Mind, Body and Soul.

‘The wisdom of the ages teaches that each individual has a personal Guardian Angel with him or her at every moment of life’s
journey.’ (JANICE T. CONNELL, ANGEL POWER).

Health and Healing - Are you struggling with personal health issues? Do you fight with dieting or fitness problems? Do you suffer
from long-term illness or everyday aches and pains? There are several angels with the traditional role of healing and health and they
are waiting for your request. Some health issues are related to other life problems and may involve greater degrees of investigation.
Perhaps your backache is related to a stressful work issue, or maybe your ‘pain in the neck’ is related to a difficult person in your life!
Not all things are what they seem! Archangel Raphael is the leader of the angel healers. He can help with things such as operations
and general doctor’s appointments, and you can even ask Raphael to come with you to the dentist or optician. Archangel Uriel works
with earth healing and Archangel Ariel heals animals and birds. Another archangel who is associated with healing is Sariel.

Charge Your Chi - Cord Cutting (Removing Negativity) Balancing, Strengthening, and Energising, your Chakras, Aura, Mind, Body,
Spirit and Reinforcing Your Personal Space and Protection

Essential Oils - Blended for Your Individual Requirements (Prevent Illness, Ease Symptoms of An Ongoing Complaint, Promote
Wellness, Relaxation, Stress Relief, Restful Sleep, Mood Elevation etc.) COMPLETE WITH INFORMATIONAL LEAFLET, WITH
INSTRUCTIONS FOR USE, AND SAFETY ADVICE

Personal Preparations and Organic, Handmade (by Kristie) Products – Made to order for specific requirements

[Beauty Treatments](#) (NON – HOLISTIC)

Facials:- Controlling Your Stress Levels. Our mind and our skin are intimately intertwined. Many of the skin disorders take
their roots from or put their roots in the psyche. A special term is assigned for the study of this kind of an association. It is
called psychodermatology. This field addresses the impact of an individual’s emotions on his or her skin. Researchers say
that emotions do reflect on our skin. Human mind and skin are connected to each other at various levels. When you are
under some tension, stress hormones including cortisol are released which may increase the oil production of skin, making
it more prone to acne. Stress can make psoriasis worse. It can trigger your itching and rashes. Autoimmune skin disorders

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>

like Alopecia (hair loss) and Vitiligo (depigmentation of skin) can also be aggravated with stressful emotions. Increased blood flow during stress and expansion of capillaries makes the skin appear more red and inflamed. Adrenal gland activity may increase during stress conditions which can boost sebum production, making your skin more prone to pimples. Stress also accelerates the loss of skin's collagen supply every year after we reach the age of 20. It also makes your skin dehydrated, sensitive, and more susceptible to damage. Practicing yoga, or doing some workout, or a simple walk each day, adequate sleep, deep breathing in fresh air can help you to de-stress your mind and hence easily manage your skin reactions. Caffeine and sugar spike your adrenal gland activity, so try to keep a check on their intake. If your skin reactions are severe, do not hesitate to consult a dermatologist. Regular Facials can combat the physical signs of stress and aging.

**** Basic – CLEANSE, TONE, MOISTURISE.**

****Extensive – CLEANSE, TONE, FACE MASK, MASSAGE, STEAM, DERMALOGICA UK(TM) FACE MAPPING TECHNIQUE & MOISTURISE**

****ELECTRICAL FACIAL – SAME PROCEDURE AS THE EXTENSIVE FACIAL BUT INCORPORATING THE USE OF Medical Grade Facials & Peels, Microdermabrasion, MECHANICAL EQUIPMENT TO ENHANCE THE TONING OF THE SKIN, UPLIFTING AND REJUVENATING EFFECTS ACHIEVED**

****Dermalogica UK (TM) - USING DERMALOGICA UK'S UNIQUE FACE MAPPING TECHNIQUE, FACIAL TREATMENTS, PROCEDURES AND THEIR EXCLUSIVE, PROFESSIONAL, SCIENTIFICALLY AND SPECIALLY FORMULATED BRANDED PRODUCTS**

Nails - The nail technicians at Holistic Health Healer Leicester are committed to providing clients with an exceptional beauty experience. Therapists can offer their clients, various treatments, including the following:

- Axxium Nails
- Balance Acrylic
- Balance Solar Pink & White
- Basic Manicure
- Basic Pedicure
- Custom Manicure
- Custom Pedicure - (includes Foot massage usually involving massage oils, creams or lotions, which is applied on all over the foot with mild gliding strokes. It is done without any foot chart, and without considering which area of the foot will affect which part of the body. It is just for relaxing, with no intention of treating or preventing illness or disease)

- Express Manicure
- Express Pedicure
- Full Set Acrylic
- Full Set Solar Pink & White
- Gelish Nails
- Polish Change
- Shellac Nails

Epilation – for Long Lasting Hair Removal in Sensitive Areas

Waxing (Hair Removal) – Underarms, Upper Lip, Eyebrows, Excessive Facial hair, Bikini Line, Legs, Back, Chest, Brazilian Wax.

Eyelash and Eyebrow Treatments - (Lash Perming, Tinting, Extensions, Shaping, Defining)

Make Up (For Every day, Special Occasion, Bridal, Date Night) – Advice, Recommendations, Practical Application

Nutrition to Optimise the Health of Mind, Body and Spirit – Diet Plans, Advice, Recommendations, Recipes

HOLISTICALLY BEAUTIFUL, NATURALLY – LEARN TO MAKE YOUR OWN BEAUTY PRODUCTS (INCLUDING SKINCARE, HAIRCARE, MAKE UP ETC.) ON A ONE-TO-ONE PRACTICAL BASIS / SESSIONS OR ONLINE TUTORIALS. Check <https://holisticallybeautifulnaturally.blogspot.com> FOR DAILY HINTS, TIPS, HACKS AND HOW-TO GUIDES.

Additional Services

Counselling (With A Fully Qualified and Accredited Therapist) – Empathic and Understanding In All Circumstances , Offering Advice, Guidance, Problem Solving Skills and Coping Strategies

Astrological Profiling, Reports, Compatibility Charts and Potential Unique to **YOUR** date of birth.

The first thing that people think of when they think of astrology are the zodiac signs. Everybody knows what theirs is based on their birthday, even if they are not a student of astrology. There are some basic terms that go along with each of the signs, and even casual followers of the horoscopes can identify whether or not a trait belongs to a certain sign – for example, in matters of hearth and home, Cancer is well known for being second to none.

However, there is more to the zodiac signs than meets the eye. Each of these signs has a few different facets, the first of these facets being the elements. There are four elements that are attributed to zodiac signs, just as there are four elements in any other study or esoteric calling – fire, water, air, and earth.

A sign belonging to one of these elemental families is going to share a few traits with the other signs that also belong to that family.

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>

The first element, fire, houses the signs Aries, Leo, and Sagittarius. The qualities that you would expect to be paired with fire come with these signs in spades; these signs have a tendency to be energetic, enthusiastic, and warm. Generally, people with these signs have an air positivity around them as a result.

Water signs, Cancer, Scorpio, and Pisces, are true to their nature and are the exact opposite of the fire signs. Water signs are emotional, a nature that mirrors the way that the element flows. They are also impressionable individuals, and have a tendency to be drawn into negativity throughout their lives, as they are easy signs to be maltreated because of their emotional nature.

Gemini, Libra, and Aquarius are the air signs. These signs are the intellectual type, with their “head in the clouds” so to speak. Air signs do not have many problems in communicating, and they make up the positive end of the air-earth pairing, just as fire does in the fire and water pairing.

The signs that are grounded in earth are Taurus, Virgo, and Capricorn. Static and unyielding, these signs are practical in nature and know what they stand for. As was previously mentioned, they are the negative end of their pairing with the air signs.

You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com)

Chinese Astrological Reports – Learn how the year you were born Influences you daily. You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com)

Numerology – Using your Unique Date of Birth and Full Name, to provide insight into your Personality, Character Traits, Compatibility and Ideal Career Choices. This is an In-depth and Informative Report. You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com)

Native American Astrological Profile – Using a *Traditional Native American Medicine Wheel* (representing *Truth, Power and Knowledge*), this reading is used to gain insight regarding how our individual lives play a role in The Creators Grand Scheme. Each direction of the wheel offers its own *Lessons, Colour and Animal Spiritual Guide*. The circle is representative of life's never ending cycle of birth, death and rebirth. *Animals are used to depict the changing seasons and 12 zodiac signs. Each Animal / Sign has its own powerful meaning and correspondences.* Order your Personal Profile NOW! Learn how your date of birth Influences your Life on a daily Basis. You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com)

PERSONAL POWER ANIMAL – Analysis, Reading and Reports relating to your personal power animal which is accessed via a Relaxed, meditative state of consciousness. Animals have a great deal to teach us. Some are great parents and protectors, others are experts at survival and then there are those who will simply teach us how to be playful or more loving. Our ancestors had a close connection to the wildlife in nature. They would learn the “language” of an animal and thus knew what message the Divine was sending them when the animal appeared. Sometimes an animal can warn us that a harsh winter is approaching. Other times it may bring a message that Spring is near. Some say that birds have led them to food and water or helped them find their way when they became lost. Certain animals bring a message of strength or courage, while others tell us to relax and enjoy life. Again, the more we

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>
learn about our animal friends, the easier it will be for them to communicate with us. In the best-selling book 'Animal Speak', Ted Andrews tells us: "When we learn to speak with the animals, to listen with animal ears and to see through animal eyes, we experience the phenomena, the power and the potential of the human essence, and it is then that the animals are no longer our subordinates. They become our teachers, our friends, and our companions. They show us the true majesty of life itself. They restore our forgotten childlike wonder at the world and the reawaken our lost lead in magic, dreams and possibilities." Every living creature contains an aspect of the Divine power within it. Ultimately, every species and every aspect of its environment reminds us of what we can manifest in our own lives. Sometimes we will have personal contact with a special animal, but other times it comes to us in our dreams, or we see images of it everywhere. When an animal draws our attention, we need to ask ourselves what qualities that animal is bringing to us. An animal can be a symbol of a specific power or energy manifesting in your life.

Graphology – Analysis, Reading and Reports of your Handwriting. Who knew that your scribbled notes and doodles could reveal SO MUCH about the TRUE, HIDDEN, INNER YOU!?! You can order your report (A SAMPLE OF YOUR HANDWRITING NEEDS TO BE INCLUDED / ATTACHED) via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com)

Palmistry – Unique and Personal Reading. Palmistry involves the practice of telling fortunes and interpreting character from the lines and configurations on the palm of a person's hand. It is said that the left hand is the hand we are born with and the right hand is the hand we make. Knowing more about what these lines stand for can help you know yourself and others better. You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), or Email (Holistichealthhealer@outlook.com).

Tarot Readings – Tarot cards are a powerful and mystical device, tarot cards are at once familiar and at once very strange. They are used for divination and magickal purposes.

TAROT READINGS AVAILABLE:-

****YES / NO QUESTION** (1 card reading)

****Quick Overview** (3 card reading)

****Answer Specific Questions** (5 card reading)

****In-depth Comprehensive Readings** (Celtic Cross 12 Cards)

Readings are Adapted for your very own individual requirements. Can be read in One-to-One Sessions, Group Settings, Email Readings or Telephone Consultation. You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>), Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com),

Intention / Actualisation / Manifestation / Cosmic Ordering – *What does your Perfect Trip, Job, Home, Relationship or Life look like? How does it feel? What scent invokes your imagery? How can Journaling, Do Not Send Letters and Vision / Mood Boards help you obtain your hearts desire?* - it helps to have a very clear picture of exactly what you want in your mind. While many people have a vague idea of what they want, they are unable to attain it simply because they lack the clarity of vision required to make their dream successful. By having a clear picture of exactly what you want, you will be able to work hard to drive yourself toward it. It will

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com> allow you to realign your life and trim away anything that does not directly lead toward the items you want. For some, this will be money. But rather than simply thinking you want to be rich, it helps to focus on tangible rewards. It might be an exact number in your bank account. It might be a sports car. It might be a boat. It can be anything that represents your striving for wealth. With such a clear picture in your mind, it is easier to move directly toward your goal.

Iridology – They say the eyes are the window to the soul. And, for this therapy, they reveal your Physical, Emotional and Spiritual Health. Assessing your Overall, General Health and offering Advice, Guidance and Recommendations for Improved wellness and vitality. We also include Ear Reflexology Assessment and Tongue Reading to gain insight into your general health, happiness and wellbeing.

Meditation – Practical Sessions Complete With Workbooks to take Home so That You Continue To Utilise the Techniques and Practical Skills Acquired During Your Sessions. Introduction to Meditation Aim: To develop basic meditation skills. Meditation is commonly associated with relaxation techniques, or perhaps the repetition of a chanted mantra such as the “Om” chant. While these are certainly aspects of meditation they are not the only ways to meditate. Meditation can include chanting, visualisation, contemplation of concepts, breathing and various other techniques. The duration a meditation should be performed will vary according to the skill of the individual and the purpose for which it is being used.

Mindfulness – Informative, Practical and Empowering. Suitable for Many Situations / Conditions. Informational Literature Supplied for your personal use.

Mindfulness is the art of living in the present, completely, focusing both our conscious and subconscious mind on the thoughts, actions, and feelings that a person is experiencing in that precise moment.

By formal definition, mindfulness is, "The intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment." ~ Wikipedia.com

Mindfulness is a state where you, as a person, are paying complete attention to the present, i.e. the moment that you are in. You are observing and experiencing every little thought and emotion that are coming to your mind. Instead of letting your life go by while you are too busy trying to live, you are actually living.

Guided Visualisation – Ideal for Stress Management, Relaxation, Breaking Bad Habits, Empowering Positive Attributes in your life. Release negative, harmful or distressing emotions during this therapy, complete with analysis, guidance and advice, Further Healing Techniques to practice in your own time. While the term visualisation is not the best name for this skill it is very common. The problem with the term visualisation is that the skills do not rely solely on inner visual senses, but rather on all inner senses. Visualisation may be either spontaneous or controlled. With spontaneous visualisation there is no intention for what images or symbols may appear to be worked with. With controlled visualisation there is some form of intention behind the imagery. This may be another person guiding, or it may be the usage of a symbol to initiate the visualisation (such as path-working with Tarot cards or runes).

Psychic Readings – Available in One-to-one Sessions, Groups Settings, Email Reading, Live Web chat and Telephone Consultation

****SPECIAL OFFER – HOST A PSYCHIC OR TAROT PARTY – MINIMUM 5 PEOPLE TO ATTEND & HAVE READINGS, THE HOST GETS A**

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>
FREE READING AND SPECIAL GIFT! ** You can order your report via Our Website (<https://www.holistichealingeastmidlands.co.uk>),
Our Facebook page (Holistic Health Healer Leicester), Email (Holistichealthhealer@outlook.com)

Aura Analysis and Readings – In-depth, Informative, and Enlightening. Explore the Colour and Layers of your Aura and how they impact on your day-to-day life, Relationships and How You Interact with the World Around You Generally. It is this etheric energy that we see when we see people's auras. Etheric energy is stronger in the more spiritually and magically powerful, such as Gurus, Teachers, Healers, for example. This is why great spiritual figures such as Buddha and the Christian saints were portrayed as having halos around their heads, or in Buddha's case, the thousand petalled lotus. The halo is really a depiction of the crown chakra around the top of the head.

Sleep Hygiene – Suffering from Sleepless or Restless Nights, Disrupted Sleep, Vivid Dreams that Leave you feeling Lethargic, Fatigued, and Generally Tired Overall. Learn Techniques, Routines, Coping Strategies, Alternative Therapies and Remedies to Promote a Restful and Re-energising Sleep

Stress Management – Whatever Your Stressor, We can Suggest Coping Skills. Problem Solving Strategies, Relaxation Techniques, Holistic Remedies and Treatments, Traditional Herbal Remedies, Dietary Considerations, Exercise, DIY Aromatic Blends, and non-Invasive, non-medical Procedures, and Beneficial Products that you can utilise again and again to elevate stress in your everyday life

Affirmations For Personal Use – Empowering, Energising and Insightful. Use affirmations daily to reinforce ALL of the positives in your life and to assist you with focusing on the areas of yourself or life that you'd like to improve upon. An Example of a Healing Yourself Affirmation – “The healing touch of God/ Goddess light, My health grows strong, Fill me with your might”

SPELL WORK / SPELL CASTING – Written & Devised Specifically for Individual Personal Requirements or Intended Use (to be cast in your own time & within your magickal sacred space) with the Instructions and Ingredients provided or Spells Written, Prepared and Cast, By Kristie, either with the client present or in the privacy of Her Own Healing, Magickal, Sacred Space.

“We often associate wellbeing with feeling energetic simply because we think we need one to have the other. Healthy intentions like eating properly or exercising seem easier to do when we have energy. Likewise, being fit creates more vitality to tackle other aspects of our lives. Good health and vigour can generate more of the same. A Spell to promote good health and wellbeing could help ease discomfort or mind, body and soul.”

IMPORTANT – I will NOT cast any spell that manipulates a person's freewill, is intended with malice, for unjustified personal gain, causes ill will or may harm another.

When you are preparing a spell I Always keep in mind that the Wiccan Rede states you should fairly give and fairly take, meaning you only take what you need and give those who need. Cast your circle three times in order to keep yourself safe from negativity.

The Wiccan Rede also tells us that we should be easy-going with our judgments and easily give understanding to those who need it. By using our ears rather than our mouths, we are much better at being understanding. It also tells us to beware of the greed in others and not fall prey to it, as well as be aware of the greed in ourselves. And finally, the Wiccan Rede tells us that we should not be unfaithful to our lovers, but it's not just referring to your significant other. The word 'lovers' refers to anyone we hold dear in our hearts. The final eight words of the Wiccan Rede are what is considered the most important and distinctive factor of this religion. An' it harm none, do what ye will. Whether you're casting a spell for you or someone else, you must always put your love

Kristie Townsend (Holistic and Beauty Therapist) <https://www.holisticallybeautifulnaturally.blogspot.com>
[and your concern for them first and forget about any negative emotions](#) . As long as you are taking actions that are either benign or with love, then you are fine. Any actions taken to harm another are not okay. **And will return to you three-fold.**

Ceromancy - Ceromancy is the [Practice of Fortune Telling](#) using wax from a Ritual Candle. Are you prepared to discover just what your future has in store for you???

Herbalism – What Ails you?! Heart? Mind? Spirit? Body? - Recommendations , Advice, Tinctures, Traditional Remedies, and Resources. Informational Recipe Booklet Included.

Smudging – for Health & Wellness (Personal Space) Your Home, Business or an Object. **Clearing the energies, space or object of all negativity** using a herbal (USUALLY SAGE) smudge stick and **reinforcing positivity** in its place. **IDEA TO BREAK A RUN OF BAD LUCK, AND MISFORTUNE, BREAKS and RETURNS TO SENDER A CURSE ,Or HEX And BANISHES / REPELS DARK MAGICK** , Auras, Chakras and spiritual essence, Brought back in to The God/Goddess Empowered Light, Balanced, Reinforced with Healing Energy and Metaphysically Protected.

Dream Analysis & Report - The idea that dreams foretell the future is an age-old one. The Pagan temples of the ancient world had special incubation rooms where people with difficult problems would sleep to ask the Gods to send them the answer to their problem. Sometimes a trained priest or priestess would do it on the individual's behalf. If we start to record our dreams immediately on waking, we will find that we will gradually remember more and more. 'Immediately' does mean immediately. We must have pen and paper by the bed and start writing as soon as we wake up, before the dream memory disappears. If we record our dreams over a period of, say, a month, we may find a number of interesting things. One is that when we dream we often see our friends, relatives, colleagues and partners in a different way from when we are awake. We will find that all sorts of hidden conflicts , tensions and jealousies reveal themselves to us in dreams of which we were unaware.

Spiritual Healing - 'Faith' healing requires that the patient believe in the healer and his or her world view, religion, system, etc.

[Spiritual healing needs only that the patient be open to something happening](#). Interestingly, people often prefer to believe that nothing is happening, even when it is. In my spiritual healing practice, I have treated many a reluctant husband dragged along by his wife who was fed up of his complaints about a chronic illness. Having sat with gritted teeth for half an hour, swearing that nothing was happening, the husbands would disappear, only to reappear again the next week for a follow-up session - this time alone. When asked if there had been any improvement, I would get a reluctant, 'Well, a bit: It was always, 'Well a bit', until they stopped coming because they were well!

HEALING / BLESSING / PRAYER CIRCLE – simply add your name or the name of a person that would benefit from some [Positive, Healing Energy](#), to the weekly healing list found at <https://www.facebook.com/SimplyMagickal>

Names will be included in my Magickal, Healing Ritual Practised Routinely and Privately once a week.

Scrying Using a Crystal Ball or Black Obsidian Mirror - Traditionally used for Fortune Telling, Past Life Regression and Spirit Communication. **Not for the faint hearted. N.B IF YOU ARE OF A NERVOUS DISPOSITION, ON PRESCRIPTION MEDICATION FOR MENTAL HEALTH REASONS. A HABITUAL / SOCIAL, ALCOHOL CONSUMER AND/OR ILLEGAL SUBSTANCE USER , or are under the influence of alcohol or mind / mood (prescribed or otherwise) substances INCLUDING MARIJUANA, YOU WILL NOT BE ABLE TO PARTAKE IN THIS ACTIVITY .**

It is, wholly, at the Readers discretion and a signed legal disclaimer is required for each reading regardless of frequency.

SINGLE RUNE READING - A powerful tool of Divination, useful for those seeking Spiritual Answers, Clarification or Communication, Guidance and Advice at times of confusion or worry and to Predict The Future. Each Rune has a Unique Symbol, which Represents A Norse God/Goddess, Symbolic Meaning, Magickal Correspondence and Power. Readings online or via EMAIL.

TEA LEAF READINGS -

Soothing Bath Salt Recipes – Made to Order. Experts say that bath salts are the most effective essential oil blends. This is the best way to detoxify and you don't need to go to a salon, to use them, because you can do so in your own home. The blends allow you to experience deep relaxation from tensed muscles and pain relief. They also help to reduce stress and enhance your whole "system". Detoxification also helps smoothen your skin, which is an added bonus! Many bath salt recipes stimulate your senses, just by using water and the scent of the especially selected blend of essential oils, for your personal requirements. Some blends can act as an aphrodisiac. They can be extremely effective in loosening your tight muscles and uplifting your mood too. You come out of your soothing bath feeling refreshed, calm, relaxed, and warm. Men can also use these bath salt recipes.

INFORMAL GROUP SESSIONS, PRACTICES, HEALING EXCHANGE, AND CLASSES HELD AT VARIOUS TIMES AND REGARDING VARIOUS SUBJECTS – CHECK WEBSITE FOR FURTHER DETAILS, DATES, VENUES, ETC.

Metaphysical, New Age, Healing, Holistic Approaches, Alternative Medicine, Complementary Medicine, Divination, and related subjects, **NEW AND NEARLY NEW BOOK, CD, TAPE, DVD AND FURTHER RESOURCES EXCHANGE** HELD WEEKLY AT Holistic Health Healer Leicester. (LE18 3wy). Free Learning Material available. **JUST ASK!!!**

Kristie Townsend (Holistic & Beauty Therapist, Lecturer, Author & Owner, Holistic Healing East Midlands)

Mobile +44 7402 285901

Home Email : kristietownsend2011@gmail.com

Website: <http://magickalsimplicity.wordpress.com>

Home & Business Address: Boulter Crescent, Wigston, Leicestershire LE18 3wy

(www.simplymagickal.tumblr.com)