**Energy Medicine, Reflexology & Reiki**

**CJ Keys, EEM-CP**

CJ is trained in a variety of healing modalities and now offers a selection of “Balance & Bliss Sessions” at Complete Wellness one Saturday each month. She believes that healthy energies result in a healthy body and is passionate about assisting her clients in creating balance. She holds two Energy Medicine Certifications and is also trained in reflexology and reiki.

She believes that taking routine care and nurturing of one’s self is key to managing through the daily stresses of life. CJ knows that the commitment to self-care is not always an easy one but so vital to being able to share the best of who we are every day with everyone we meet.

To find out more about which session that may be right for you please call CJ at 484-467-1048 or send an email to keys2connect@gmail.com. You can find CJ’s website here: www.keys2connect.com

**If not now, when? Choose YOU!**

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**Balance & Bliss Sessions Available Now at Complete Wellness,** ask for details

**Weaving the Yins – 60 minutes**

This session is deeply revitalizing and works with the 6 different Yin Meridians. Weaving the Yin energies allows them to work together more easily as a whole which helps them to become stronger and more supportive of the Yang meridians. This protocol uses 22 different connections following the flow and control cycles of the Five Element Model. When the Yin meridians are strong the Yang meridians get to relax, what a treat!

**Mini Energy Balancer – 30 minutes** (can be combined w/Brazilian Toe or Black Pearl for a 60-minute session)

This powerful technique’s purpose is to assist a person’s energy to have a better flow throughout the entire body. It can be a standalone service or combined with other offerings. This hands-on protocol traces certain energies of the body and works with a few specific meridians and neurolymphatic points. A great way to create more balance in your energetic body.

**Expanded Brazilian Toe – 30 minutes** (can be combined with a Mini-Energy Balancer for a 60-minute session)

The Brazilian Toe Technique uses acupressure points on the feet to promote deep relaxation and activates the release of toxins. This protocol has been used to treat the side effects of cancer treatments and is excellent for soothing general aches and pains as well as Restless Leg Syndrome. Clients have reported they sleep better and feel calmer! This technique was first introduced at a Touch for Health Conference in 1980 and is based on general concepts used in Reflexology.

**Black Pearl Sanctuary – 30 minutes** (can be combined with a Mini-Energy Balancer for a 60-minute session)

This technique is said to nurture the hypothalamus which use to be called the “Black Pearl” in ancient times. A deep state of relaxation can be felt by using a series of holds on the head which are completed in a specific sequence. This creates an opportunity to turn off our fight or flight response and enter a state of profound peace and sanctuary, divine!