

A healthy human body has a frequency of 62 to 78Mhz. Infection and disease begins at 58 Mhz. Essential oils contain the highest frequency of any natural substance known to man, creating an environment in which bacteria, disease, fungus and viruses, etc. cannot live.

Aromatherapy is one of the fastest growing complimentary modalities today and synergises with almost all other modalities. By using the therapeutic components of aromatic plants, known as Essential oils a wide range of physical, psychological, and emotional disorders can be healed. Creating balance to the mind, body and spirit. The use of Therapeutic plants dates back thousands of years, and is credited with plague resistance, longevity, disease prevention, and overall vitality.

In modern life, aromatherapy can be beneficial to promote calmness during tense and stressful situations, provide a boost when you need to be alert, increase attention and memory and help to maintain focus and energy levels through a long workday when battling lack of sleep. Best of all there is no susceptibility to the highs and lows associated with common quick fixes such as caffeine, alcohol, and sugar or drug consumption.

Essential oils have their own frequencies and encompass a colour, when you administer these oils a profound healing on all levels will take place.



Susan has practised holistic care, intuitive counselling and metaphysics internationally for over 15 years, treating clients across the globe, from the Middle East, to the UK and the Americas.

She brings a unique set of teachings; combining ancient Egyptian mystery school knowledge, practical earth based approaches from around the world with a foundation of western integrative wellness.

Susan's area of speciality is aromatherapy, having received accreditation from the esteemed Shirley Price International College of Aromatherapy in the UK. She now operates an official satellite Academy for World renowned Penny Price as well as Cossi Academy of Professional Aromatology. Her clinical background encompasses a full spectrum of physiology, diet, nutrition and a comprehensive understanding of medicinal plants and their uses in healing and is the only International Accredited Aromatherapist and Teacher in Alberta, Canada.

REGISTRATION & INFORMATION

Courses and workshops designed to help you heal yourself.

Penny Price Clinical Aromatherapy Diplomas available in Red Deer, Alberta

INFORMATION PROVIDED IS NOT TO SUBSTITUTE MEDICAL ADVICE AND CARE, BUT TO COMPLEMENT IT

www.holisticteachings.com

Tel: Canada 403.872.7662



Susan Cossi
Professional Aromatherapist
Metaphysician

**UNLOCK THE SECRETS OF NATURE TO
HEAL YOUR LIFE USING
VIBRATIONAL ENERGY MEDICINE**

WE HAVE COLOUR CODED OUR 100% PURE ESSENTIAL OILS AND THERAPEUTIC BLENDS TO CORRESPOND TO THE DIFFERENT CHAKRAS

Refer to website for more information.

www.holisticteachings.com

EM SPECTRUM COLOUR	CHAKRA	ESSENTIAL OIL (e.g.)	CONNECTION
Deep Red Infrared	Earth Star	Myrrh	Earth's Core
Red	Root	Sandalwood	Physical Self
Orange	Sacral	Orange	Emotional Self
Yellow	Solar Plexus	Bergamot	Mental Self
Pink	Heart	Rose Otto	Universal Love
Green	Heart	Eucalyptus	Unconditional Love
Turquoise	Thymus	Tea Tree	Expression
Blue	Throat	Blue Chamomile	Holistic Thought
Indigo	3rd Eye	Frankincense	Unconscious Self
Violet	Crown	Lavender	Spiritual Self
Magenta UV	Soul Star	Rose Otto	Unknown



Please check website for other healing treatments available

www.holisticteachings.com

Holistic Healing Treatments

The Zen Treatment **\$150.00**

This treatment will take 2 hours which includes a thorough comprehensive client history review, a personal blend of essential oils will be chosen in accordance to your present state of mind, body and spirit, analysis includes reflexology, scalp assessments, etc. A customized full body treatment using an array of different modalities to precisely relieve disharmony in the mind, body and spirit. Home care treatment plan and recommendations will be sent to you. Susan works in partnership with other professional health care providers to ensure you receive the best advice and care.

The Zen Treatment - pack of six **each \$120.00**

The goal is after these six treatments you will have gained awareness and developed some fundamental techniques to self heal.

Aromatherapy Consultations - 30 mins **\$65.00**

A Professional and personalized look at the essential oils required for balancing and relieving discomfort in the mind, body and spirit.

Aroma Cleanse - 75 mins **\$100.00**

Detoxification essential oils are combined to cleanse and break down fat molecules of the body, lymphatic drainage and other body manipulation techniques are used. Aura cleansing is complimentary, please ask in advance.

Aroma Massage - 75 mins **\$120.00**

Indulge in a soothing full body treatment, using long soothing strokes, personalized essential oils will be chosen to enhance your experience.

Aroma Flex - 40 mins **\$65.00**

A unique reflexology treatment with an array of essential oils to stimulate, balance or relax the body's systems.

Vibrational Energy Therapy - every 30 mins **\$40.00**

Energy therapy that brings about a deep feeling of well being. Reiki and Lemurian Energetics are utilised.

All gratuities will go towards charitable health programs
To book an appointment email:

Susan@holisticteachings.com

Prices subject to change if consulting out of Red Deer and home site visits.

Cancellation policy: Your appointment has been specifically reserved for you. Cancellation with less than 24 hours notice will be charged at 80% of the treatment fee. Cancellations can only be accepted by phone, no emails.

Why choose Metaphysical Aromatherapy?

We aim to address and treat the root cause of disease and ailments. We take in consideration the emotional, physical, mental and spiritual aspects of an individual. Our goal is to teach you how to take care of your own health and well being.

Ailments

- Digestive
- Nervous
- Excretory
- Muscular
- Skeletal
- Immune
- Reproductive
- Respiratory
- Scalp & Skin Disorders
- Insomnia
- Pregnancy
- Arthritis
- Chronic Fatigue
- Cold & Flu
- Cancer Support