

# Chakra Balancing & Sundrop Massage

By Judy Merritt

*Experience the essence of nature.*



## Judy Merritt

Judy Merritt has been a massage practitioner since she graduated in 1986 from the International School of Massage Therapy, San Francisco, California. She was trained in eclectic massage, which embraces a blend of techniques that touch the body, mind & spirit.



Most recently, an introduction to Kundalina Yoga and Imani Essential Oils allowed her to expand her practice to include Chakra Balancing & Sundrop Massage.

## Imani Essentials Oils

Imani is an ancient African word meaning Faith. The belief that natural remedies can often affect a more harmonious and lasting cure by assisting the body to heal itself.

Imani Essential Oils are wildcrafted or organically cultivated for therapeutic use. Only a small percentage estimated at less than 5% of worldwide essential oil production is of this highest quality.

Judy is available at Crow Wing Crest Resort  
on **WEDNESDAY ONLY** from 11 a.m. - 4 p.m. for the following massage services:

Type of Massage	Length of Time	Cost
<i>Imani Essential Oils are used in all of the massage techniques.</i>		
Chakra balancing & Sundrop - Energy balancing, detoxifying and uplifting. (See back of page for details.)	1 hour	\$50
Sundrop - Detoxifying and uplifting anointing of Imani Essential Oils. (See back of page for details.)	½ hour	\$35
Head, neck and shoulders - Focus on face, head, neck and shoulders for a pampering stress release.	½ hour	\$30
Chair massage on the deck - A lovely way to relax by the lake.	15 minutes	\$15

**A sign up sheet is available at the lodge. For more information, call Judy at 218-255-0156.**

## *Chakra Balancing & Sundrop Massage*

Sundrop massage is a two-fold process. It begins with a balancing of the charkas, the energy centers located along the spine that connect body, mind and spirit. The chakras are vertically aligned, running from the base of the spine to the crown of the head. When these energy centers are open and in balance, we gain an understanding of personal and spiritual power that advances us along the path to spiritual consciousness. It is believed if we do not move toward this greater consciousness with spirit, the blocked energy of the charkas can manifest itself in illness. In other words, this energy alignment with the divine through the chakras is crucial to our physical wellness.

The second part involves the dropping and massaging of Imani essential oils along the spine to stimulate the energy impulses along the spine, which then travels throughout the central nervous system to stimulate every organ, muscle and bone of the body on a cellular level through the oils. This technique assists in bringing the body into structural/electrical balance and in enabling the release of toxins wherever they may be lodged. The oils work on all levels of the body/mind/spirit and assist the client in tapping into his or her own healing ability the body adjusts and corrects itself from the Sundrop oil technique.

The Imani essential oils used in this technique will help the body to be brought into balance and the energy centers to be clear and realigned. It will also help to reduce spinal inflammations and kill viruses that hibernate along the spinal column, as well as help to straighten any spinal curvatures. Sundrop Massage affords the opportunity to start anew in the present moment to make lifestyle changes toward wellness.

Aside from the healing benefits of the massage, being anointed with oils is simply a wonderful way to feel nurtured in the loving aromatic essence of nature.

### *Imani Essential Oils used in Sundrop Massage*

<b>VICTORY – blend of Rosewood, Frankincense, Spruce and Blue Tansy</b>	The first, last and most important oil used in this technique because it helps to balance the electrical energies within the body. Known as “chiropractor in a bottle,” it also helps to create an environment where structural alignment can occur. <i>Other properties:</i> Helps to overcome fear. May help to build courage, confidence and self esteem. Brings on feelings of calmness and peace. Relaxing as well as energizing.
<b>THYME</b>	Has ability to support the immune system by attacking any bacteria, fungus, infection or virus that may be present. It may also help to overcome fatigue and physical weakness. <i>Other properties:</i> Strengthens emotional and spiritual fortitude. Uplifting. Enlivens the spirit.
<b>OREGANO</b>	Works in conjunction with thyme to strengthen the immune system and to attack bacteria and viruses. It may also act as an antiseptic for the respiratory system; help balance metabolism and strengthen the vital centers of the body.
<b>CYPRESS</b>	It may function as a decongestant for the circulatory and lymphatic systems in addition, it is used for its anti-bacterial, anti-infections, anti-microbial and diuretic properties; and pancreatic and endocrin systems strengthening. <i>Other properties:</i> Assists in real-life changes and transition. Has potential to unearth fears that block change. Allows suppressed feelings to emerge. Calming. Clarifying.
<b>BIRCH</b>	Great for removing discomfort associated with the inflammation of bones, muscles and joints. It may also help cleanse the lymphatic system. <i>Other properties:</i> Stimulates the mind.
<b>MARJORAM</b>	Used to relax spastic muscles, soothe the nerves, relieve cramps, aches and pains and to help calm the respiratory system. <i>Other properties:</i> Helps to calm obsessive thinking. Promotes capacity for inner self-nurturing. Promotes joy.
<b>BASIL</b>	Relaxing to spastic muscles and stimulating to the nerves and adrenal cortex. <i>Other properties:</i> Relieves fatigue; Eliminates negative thought patterns. Clears the consciousness. Promotes mental clarity, acuity and concentration. Uplifting. Clarifying. Strengthening.
<b>PEPPERMINT</b>	Used to calm and strengthen the nerves, reduce inflammation and is highly effective when dealing with conditions related to the respiratory system. It also has a synergistic and enhancing effect on all other oils. <i>Other properties:</i> Unlocks congested emotions. Enhances concentration and receptive capacities; Redirects energy. Soothes heart.