



Massage
Reiki
 &
Imani Oil Massage

with
Judy Merritt



Judy Merritt

Judy Merritt 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.

She recently completed her Reiki Master Level training with Jeanne Troge at Brigid's House in Park Rapids.

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

MONDAY ONLY from 11 a.m. - 5 p.m. for the following massage services:

Type of Session	Length of Time	Cost
<i>Imani Essential Oils are used in all of the massage techniques.</i>		
Reiki & Imani Oil Massage - Balancing, detoxifying and uplifting. (See back for details.)	1 hour	\$55
Imani Oil Massage-with head, neck & shoulders emphasis Rexlaxing, detoxifying and uplifting (See back for details.)	1 hour	\$55
Traditional Swedish Style Massage	1 hour	\$45
Reiki Session	1 hour	\$45



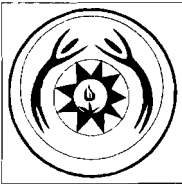
Reiki is a gentle, powerful tool for healing that promotes balance in mind, body, and spirit. It looks and is simple. And Reiki is a painless, non-invasive practice that doesn't interfere with any medical treatment or drug regime prescribed by a doctor.

Everyone can benefit from Reiki - because Reiki doesn't address symptoms or diseases, it simply balances a person's system. People suffering with pain, insomnia, depression, or a wide range of medical conditions, as well as people who are healthy and want to stay that way can benefit from Reiki. Most people notice a difference after the first session, and the benefits grow with repeated sessions.

People have reported feeling refreshed, serene, comforted and/or renewed after a Reiki session. And these subjective changes are often accompanied by physical changes indicative of deep relaxation, such as a slower heart rate and easier breathing. Reactions to Reiki will vary according to the individual.

The **Imani Oil Massage** begins either with a short Reiki session or a traditional massage focusing on the head, neck and shoulders to promote deep relaxation.

Then Imani essential oils are dropped along the spine to stimulate the energy impulses located there, 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 work with the client in tapping into his or her own healing ability as the body adjusts and corrects itself from the Imani oil massage technique.



The Imani essential oils used in this technique will help the body to be brought into balance. 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. 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.

Oils used in Imani Oil Massage

VICTORY - blend of Rosewood, Frankincense, Spruce and Blue Tansy	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.
THYME	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.
OREGANO	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.
CYPRESS	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.
BIRCH	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.
MARJORAM	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.
BASIL	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.
PEPPERMINT	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.
LAVANDER	Antispasmodic, analgesic and anti-inflammatory; relieves headaches, constipation, and muscular stiffness and aching; calms strong emotions and nervous anxiety that results in shyness and embarrassment and assists intuition.