

WORKING WITH INTEGRITY AND COMPASSION

Debra Salgado, BCMR
Holistic Practitioner

~ Clinical Reflexologist
~ Holistic Health &
Life Style Coach

Extra Services:

~ On-Line Reflexology
Certification Classes;
By Skype with Live Hands On
Practice Sessions
~ Mindful Meditation
~ Foot Detoxing
~ Holistic Cooking Classes
(Group and Private Sessions)

I guide and encourage my clients into a healthier life style and transform their health to create a lasting positive change. My mission is to play a crucial role in improving health and happiness for everyone. Through that, I hope to create a ripple effect that will change our world. CHOICE is the #1 Key and AWARENESS is the #2 Key to a HEALTHIER LIFE STYLE CHANGE!

*“Discover how
Holistic and Alternative
Practices
Promote Balance and
Peace from within.”*

Embracing Life
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and
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Monday - Saturday
10am – 7pm
By Appointment Only!
Certified & Insured

Embracing Life
Reflexology & Wellness Center



***“Living Life with
Passion”***

THE HEALING ARTS

CLINICAL REFLEXOLOGY

This ancient healing modality stimulates points on the feet, face, hands and ears that correspond to all parts of the body helping the client achieve balance, health and healing.

How it works: The reflexologist applies pressure to the feet, hands, face or ears and/or full body reflexology, sending a calming message from the peripheral nerves in these extremities to the central nervous system, which in turn signals the body to adjust the tension level. This enhances overall relaxation, brings internal organs and their systems into a state of optimum functioning and increases blood supply (which brings additional oxygen and nutrients to cells and enhances waste removal). It positively affects the circulatory, respiratory, endocrine, immune, and neuropeptide systems in the body.

Sessions held for Adult, Seniors and Adolescent Clients. Gentle Touch Reflexology available for children.

Classes held on a Monthly Basis for those who wish to learn how to use Reflexology for their family members only.

HOLISTIC FOOT DETOX

*Detox your body through your feet with A **HOLISTIC** Foot Bath. The treatment lasts for thirty minutes. It removes unhealthy particles at the cellular level to bring balance to the body and the immune system. Also offered with a gentle foot massage.*

MINDFUL MEDITATION

Meditation is a technique that we can use at any time and place to quiet the mind and restore peace and harmony within ourselves. This subsequently gets manifested in our outward life as well. Meditation is intended not to stop us thinking but to help us to produce order in the midst of our confusion. By relaxing our mind through meditation we can clear the chatter for a time and experience our renewed sense of energy.

Seniors Discount Offered !

**GIFT CERTIFICATES,
REFLEXOLOGY PACKAGES
& HEALTHY BASKETS FOR
ALL OCCASSIONS ARE
AVAILABLE!**



HOLISTIC HEALTH & LIFESTYLE COACHING

*The focus for my clients is to guide and inspire them to shift their behaviors to healthier choices. They will develop a deep understanding of the foods and life style choices that work best for them and in turn implement lasting changes. **Cooking Classes are also available.***

SPECIAL PROGRAMS OFFERED

There are programs for Corporations, Colleges, Elementary Schools, Church Groups, Senior Citizen Groups; Parents and Parents in waiting as well as Various Support Groups. My Hope is that through Guidance and Awareness we can bring a Better Quality of Life to Everyone!

