



EXPERTISE

Usui Reiki Master Teacher, Thai and Chair Massage Therapy and Vibrational Sound Medicine (Sound Therapy), Holistic Metamorphosis, Yoga Nidra, DNA Light of Hands & Ayurveda Treatments

SERVICES OFFERED

Nikki combines her knowledge of physical body, mind, and spirit with an intuitive sense to help clients address the effects that stress can have on their health.

In addition, Nikki serves as a Nurse for the armed forces and is trained in Battlefield Acupuncture, she also obtains a Bachelor Degree in Psychology. She is currently furthering her education in Holistic and Alternative Health to receive certification and training to further her expertise.

Her passion is to touch the hearts of everyone she encounters to teach them how to consciously create their life through the understanding that every thought, word, or action shifts the energy in their field creating their destiny.

Services offered:

- **Reiki**
- **Ayurveda :Bliss Therapy(Third Eye Therapy)**

A purifying and rejuvenating therapy that may aid to eliminate toxins and mental exhaustion as well as relieve stress and any ill effects. This luxuriant treatment is a unique form of Indian ancient therapy where pouring oil on the forehead (third eye).

Bliss Therapy is also increasingly being sought out by modern spa goers and health enthusiasts around the world. This modality may be done from ages 10 and up this may offer relief in helping with ADHD, anxiety, PTSD, depression, migraines, insomnia, poor decision making, difficulties with clarity and focus, jet lag and it helps to deeply nourish the nervous system and support the clearing of other energetic dosha that does not serve our highest purpose.
- **Ayurveda : Nasyam Basti (sinus therapy w/steam)**

The powerful Nasyam may aide in clearing congestion in the chest, ear, nose, eyes, throat, sinuses and may also help with facial palsy, neck pain, pain in arms, frozen shoulder, premature greying, neurological disorders, syncope, oral disorders and headaches
- **Ayurveda: Netra Basti (Eye Treatment)**

This modality is a non-invasive natural relaxing cleansing method. The proponents of this method say that it may aid in improving mental clarity and balances fluids that may cause headaches.

As the eyes are directly linked to the brain, this treatment may aid in nourishing the nervous system, improves eyesight and brings rich luster to the eyes. It also soothes away wrinkles, promotes softness inside and out and promotes a deep feeling of contentment.

- **Ayurveda: Abhyanga (body oil treatment)**

Abhyanga – or “snehana” a term that means “love” or “oil” indicating the deep significance of love with this body treatment. It is my signature treatment with warm oil infused with specialized herbs for your dosha.

Unblock energy channels and reduce stress and tension to increase your pranic life force energy. This spa treatment stimulates and energizes marma points in the body to increase health and well-being.

Additional health benefits may aid in and include cleansing the lymph system and removal of toxins leaving the body invigorated, balanced, rejuvenated and cleansed.

- **Ayurveda :Marma Therapy**

Marma points therapy is a traditional Ayurvedic treatment technique that’s believed to help sustain the flow of energy throughout your body. There are 107 marma points located around your body. Stimulation of these points is said to affect everything from the health of your organs to the production of hormones and more.

MAKE AN APPOINTMENT

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