

ABOUT MICHELLE



Hi, I'm Michelle

I am a seeker, dreamer, observer, an empath, an intuitive and highly sensitive person and I consider some of these traits my superpowers.

I have studied many modalities such as Beauty Therapy, Swedish & Ka Huna Massage, Shamanic Healing, Reiki, Access Consciousness & Emmett Technique. I also enjoy facilitating Access Bars One Day Practitioner Classes.

I like to create a nurturing and relaxing space for people to come and receive sessions.

I choose this work as I desire to contribute to creating a world of more ease, joy, magic and possibilities. Through my studies it allowed me to overcome, grow and transform my own personal traumas and I am now passionate about empowering others to become who they came here to be, by elevating your energy, empowering your life, and to embody the authentic you, to be everything you wish to be!

MY OFFERINGS

ACCESS BARS

A gentle hands-on modality, where 32 points on the head which when lightly touched release the limiting thoughts, ideas, beliefs, emotions and considerations that stop you from creating a life you love.

ACCESS ENERGETIC FACELIFT

A beautifully nurturing process to restore, enliven and rejuvenate the face and body to reclaim your natural glow, youth and beauty.

ACCESS BODY PROCESSES

Dynamic body processes which help to unlock tension, trauma, resistance and invites and assists the body to begin to heal, repair and re-create itself.

EMMETT TECHNIQUE

A gentle and simple muscle release therapy to ease pain and discomfort, increase movement and flexibility and overall well-being.

EMMETT LYMPHATIC SEQUENCE

A relaxing sequence that involves light touch combined with gentle rhythmic movements that can assist with the de-congestion of the lymphatic system and enhance its function.

CJ - LYMPHATIC DRAINAGE MASSAGE

Using the Chelsey Jean technique and products, this treatment assists your body to effectively eliminate excess fluid, fat and toxins, whilst providing nutrition to the cells by stimulating lymphatic flow.

REIKI

A form of energy healing, involving the laying-on of the hands that draws on universal life force energy. Reiki works on all levels and accelerates the body's natural healing ability leaving you relaxed and balanced.

PELLOWAH

Pellowah is an Angelic Word for 'radical shift in consciousness'. This form of healing connects all 12 strands of DNA ready for activation. It also unblocks and realigns all the meridians within the body giving a feeling of connection, well-being and often easing physical symptoms.