

## 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, Pellowah, Access Consciousness, Emmett Technique, Sound & Tuning Fork Therapy. 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 with 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.

### 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.

### COMPRESSION THERAPY - CJ&CO Circulate System

A non-invasive treatment designed to improve circulation, reduce swelling and promote healing. Ideal for conditions such as varicose veins, lymphedema, post surgical recovery, compression therapy uses specifically designed garments that apply targeted pressure to affected areas. By enhancing blood flow and reducing fluid build up, it helps alleviate discomfort and supports your body's natural healing processes.

### 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.

### 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.

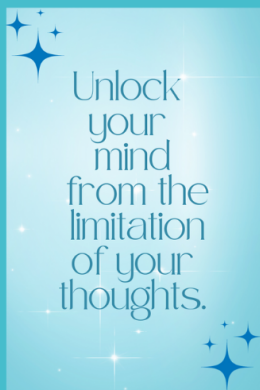
### TUNING FORK THERAPY

Harmonise your mind and body with the gentle resonance of tuning fork therapy. The vibrations produced by the forks can reduce feelings of anxiety and tension, release negative thoughts and emotions, enhance energy flow, alleviate pain and discomfort and soothe the nervous system.

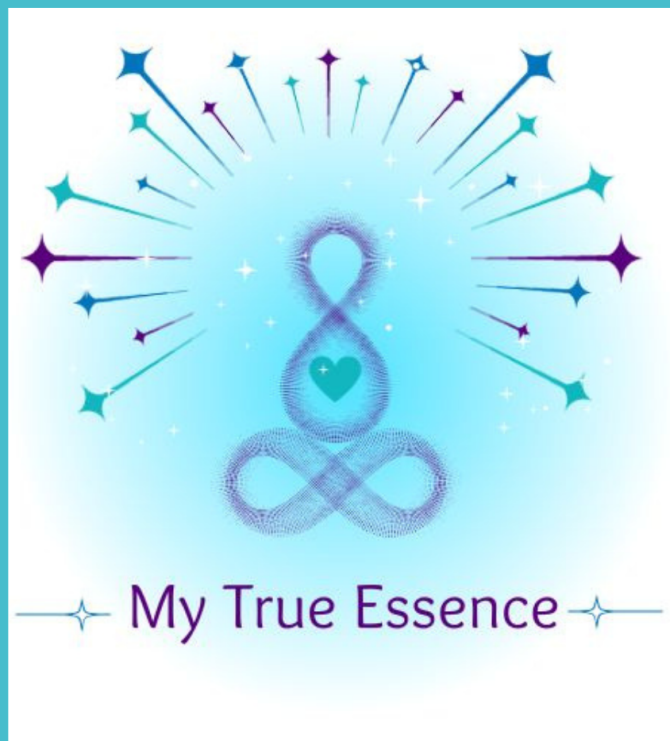
## Learn Access Bars

Would you like to learn a gentle hands-on technique to relieve stress, anxiety, depression, insomnia, PTSD and clear and unlock limiting thoughts and beliefs for yourself and others?

This class is much more than learning a new energetic modality; it empowers you to create the life, you love.



### Access Bars® One Day Practitioner Class



## Holistic Therapies

Elevate \* Empower \* Embody

with Michelle Weston

My True Essence  
Available at two locations  
Stratford & Manunda.

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**\*Gift Certificates Available\***