



Silvia Perruzza

Complementary & Sports Massage Therapist

# Antara Healing



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## Antara is Sanskrit for "within"

Antara healing uses ancient healing methods to promote deep relaxation, opening up energy channels, remove any congestion, cleanse, re-balance and re-align the physical, mental, emotional and spiritual bodies.

Frankincense resin is used to purify the auric field, full body massage using hot stones and essential oils to unblock and release stagnant energy, reflexology to re-tune followed by chakra balance using crystals and Reiki.

When we heal holistically, we address imbalances on all levels. When mind, body and soul are aligned and in harmony, we can achieve a happier, healthier and more balanced state of being.

Antara Healing is my own blend that I have mindfully put together to offer medicine for the mind, body and soul.

*"Often the hands will solve a mystery that the intellect has struggled with in vain."*

*Carl Jung*

**1 hour 45 minutes £70**

mobile - **07834 076265**

email - **s.perruzza@sky.com**

12 Borwick Drive Lancaster LA1 2QA

**[www.silviaperruzza.co.uk](http://www.silviaperruzza.co.uk)**