

Centre For Life Essentials

Description:

The Centre for Life Essentials specializes in assisting clients to effectively manage stress, in combination with a variety of holistic therapies to balance and heal mind, body and spirit. We offer Reflexology, Aromatherapy Massage, Stress Management Coaching, Reiki, Meditation, Breathing exercises, Guided Imagery, Energy/Chakra Balancing, Meditation and Specialized Kinesiology.

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