

# How to Heal Your Body, Mind and Spirit?

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## Top 8 Benefits of Hypnotherapy (\$95 per hour)

### 1. **It can help you quit smoking**

Even if you smoke 50 a day or you smoked for 50 years, Hypnotherapy is one of the successful ways to stop smoking and with no cravings.

### 2. **It can help you change your eating habits**

Hypnotherapy removes unwanted blocks to your success, to address your emotional eating, your negative thoughts and feelings about your body and desire for unhealthy foods.

### **3. It can help you stop drinking**

Hypnotherapy is one of the most effective ways of removing habits and unwanted addictions safely and naturally.

### **4. It can ease stress**

Stress reduction with Hypnotherapy is a very effective way to enhance your health and well-being, leaving you feel calm, more positive and very refreshed.

### **5. It can help you achieve success**

Reprogram your mind to achieve success in your life whether in your finances, love life, creativity, motivation and self-esteem or to see your best possible future.

### **6. It can help you overcome your fears and your phobias**

Fears can hold you back and restrict your live. By taking you back to find that event that has caused this issue we can then resolve, release, and rewrite the past.

### **7. It can help anxiety and depression**

Hypnotherapy is a way of reframing the negative thoughts that keep you stuck where you don't want to be and move you towards positive and life-affirming thoughts and behaviors.

### **8. It can aid natural healing**

Start using the power of your mind and heal your body. Every thought you think has a physical reaction in your body. Hypnotherapy commands and instructs your cells to go to their perfect blueprint, with amazing results.

## **9 Reasons to try Reiki (\$75)**

### **1. Reduce stress**

Encourages relaxation. Reiki triggers your body's natural healing abilities and aids sleep

### **2. Spiritual growth**

Reiki offers you the time and space to develop yourself in a spiritual environment.

### **3. Balance your emotions**

Regular Reiki treatments can bring you a calm and peaceful state of being.

### **4. Relief during emotional distress**

Help's mental and physical trauma, Reiki cleanses your emotions to offer perspective.

### **5. Help ease pain**

Reiki treatment help's you reduce pain from migraines, arthritis and sciatica.

### **6. Speeds up your healing process**

Reiki helps you recover from long term illness or surgery, to help aid with other medical treatments.

#### **7. Doesn't interfere with other health treatments**

Reiki will not interfere with other medical treatments, making your Reiki treatment safe to use alongside other healing treatments.

#### **8. Removes energy blocks**

Reiki promotes wellness and alertness, helping energy to flow freely within your body.

#### **9. Time to yourself**

Finding time to spend on yourself can be hard. Reiki sessions allows you to focus on your well-being for the duration of your treatment.

### **8 Reasons to try Reflexology (\$65)**

Reflexology involves applying pressure to certain areas of the foot to encourage healing throughout your body. The idea behind it is that these areas of the feet correspond to other areas of your body.

If you've never tried this wonderful therapy, 8 reasons why you should.

1. Relaxation - Many people try reflexology just for its relaxation benefits.
2. Stress – Help you to reduce stress levels.
3. Circulation – Improves blood flow to your extremities.
4. Detox – Encourages the body to flush out toxins.
5. Immune System – Self-heal your body to help ward off infection.
6. Sleep – Relaxing qualities of therapy help those who struggle with sleep.

7. Mind – Gives you time to de-stress and quiets any racing thoughts.
8. Energy – Will leave you feeling refreshed and revitalized.

### **What is an IET Session? (\$95)**

Integrated Energy Therapy (IET) sessions use angelic energy to work directly with your body's cellular memory and energy field to get the issues out of your tissues for good. **Benefits of IET sessions:**

1. Can painlessly release your suppressed feelings and your limiting cellular memories.
2. Supports you in enhancing your health, life purpose, prosperity and creativity.
3. Empowers you to experience fulfilling loving relationships in all areas of your life.
4. Provides gentle yet powerful support for survivors of childhood traumas such as physical and sexual abuse, alcoholic and dysfunctional families.
5. Increases your connection to your angels and helps you work with them in your life.

IET helps you safely and gently release limited energy patterns from the past, empower and balance your life in the present, and embody your full potential as you move into the future.

### **5 Benefits from Infrared Mat Therapy (\$35 for 35 minutes)**

Infrared Mat Therapy is an alternative approach that supports other forms of therapy. Infrared Mat therapy can have a significant impact on chronic pain sufferers' overall well-being and ability to function.

Infrared Mat therapy can do so much. What can it do for you?

**1. Temporarily alleviate muscle and joint pain**

This therapy is particularly beneficial for people that suffer from arthritis, lower back pain, or just your everyday aches. This therapy is more effective for pain relief than traditional heating pads because their rays penetrate 4-6 inches below level of your skin.

**2. Help detoxify your body**

Infrared Mat therapy is a safe and effective way to detoxify and is considered seven times more effective than steam saunas or conventional heat. People often see a reduction in fatigue and an improvement in their focus and energy levels.

**3. Reduce pain and stiffness**

Infrared Mat therapy provides you temporary relief of minor muscle pain and stiffness especially pain associated with arthritis, the temporary relief of muscle spasms and sprains, and the temporary increase of circulation.

**4. Help alleviate symptoms of chronic fatigue**

Infrared Mat therapy can support your efforts to improve your energy levels, maximize your comfort, and minimize minor aches and pains associated with chronic fatigue.

**5. Improves overall wellness**

Whether you are suffering from pain or overall sickness, Infrared Mat therapy can help restore your wellness levels and live more comfortably.

## **The Benefits of Receiving an Angelic Channeled Reading? (\$85)**

Angelic Readings open a channel of communication so you receive guidance from your Guardian Angels. A “channel written reading” can be a powerful tool for those seeking guidance in their life.

- ✓ Confused about a series of events and which direction you should go in?
- ✓ Do you want validation about something in your past or future?
- ✓ Are you looking to understand your purpose?
- ✓ Need help coming to terms with a traumatic event?

Angelic Readings can help you with encouragement, love and answers to your questions. Here are some of the benefits of an Angelic Channeled Reading:

1. Improve your life
2. Gain clarity
3. New sense of awareness and knowledge
4. Areas in need of improvement
5. Peace in a situation
6. Insight to make a difficult decision
7. Learn your soul purpose in life
8. More confidence about your feelings

My name is Donna Caponigro. I am a certified Hypnotherapist, Life Coach, Reiki Master, Intuitive Energy Healer and Teacher.

I use a blend of traditional Reiki with new energy healing modalities and angelic guidance to help you heal any physical, emotional and spiritual issues.

I have studied spirituality and psychic development for over 25 years. I never had a time in my life that I wasn't connected to spirit. Through years of energy work and opening myself to spirit, I have become a channel for angelic frequency to help you heal.

I customize every healing session with the treatment that work for you... and provide consultation to help you heal.

## **Specials**

### **Reflexology / Reiki**

**\$65 for 60 Minutes (\$95 Value)**

**Our clients #1 favorite**

### **Infrared Healing Mat Therapy**

**\$30 for 35 Minutes (\$55 Value)**

### **Reflexology/ Reiki / Channeled Reading**

**\$125 (\$225 Value)**

## **Advanced Reiki Healing**



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**Gift Certificates Available**