



Healing Touch Therapy

Healing Touch is a relaxing, complementary energy therapy that supports the body's natural healing process. Gentle, non-invasive touch assists in enhancing physical, mental, emotional, and spiritual well-being.

Within the bio-field of each person are seven major energy centers. Each of these centers vitalizes its related nerve center, endocrine gland, internal organ and circulatory system. As an energy therapy, Healing Touch balances areas that are weak or congested within the energy field, and by use of various techniques, can bring the individual's energy field to a more flowing, healthy, harmonious state. Improved health has been demonstrated through anecdotal evidence and research.



Benefits of Healing Touch

- Stress Management
- Acute and Chronic Pain Reduction
- Strengthened Immune System
- Accelerated Wound Healing
- Deepened Spiritual Connections
- Support for the Dying Process

A Healing Touch session includes an energetic assessment, gentle touch intervention, and evaluation. The client is positioned for comfort on a massage table and remains clothed. All client sessions are confidential. Healing Touch is safe and effective for all ages, works in harmony with standard medical care. Healing Touch is recognized by the National Institutes of Health (NIH) and is endorsed by the American Holistic Nurses Association. All Certified Healing Touch Practitioners work within their scope of practice and adhere to a code of ethics as defined by Healing Touch International, Inc.

Experience this relaxing energy therapy by calling the Natural Vitality Center to schedule a Healing Touch session with Nancy Fletcher RN, BSN, CHTP.