



Feeling Stressed?

Scientific Fact: Your cells are constantly responding to your mental and emotional states. Healthy cell regeneration is simply not possible during high levels of stress. Prolonged exposure to stress can seriously affect your health and well-being.

*It's Time For Your
Positive Energy
Renewal!*



Start by making a conscious attempt to simply switch your attention for a little while. Change your surroundings and allow your mind to focus on something new, something pleasant, something that seems like fun. Have no expectations, relax, listen, and observe. Discover your secret abilities and unlock your unique creativity.

In one hour, you can significantly reduce your stress levels with our creative relaxation practices that are beneficial, safe and enjoyable.



colorlighthouse

Personalized Stress Relief Sessions

featuring

Lumia Therapy

- Chakra Balancing
- Kundalini Activation
- Color-Light Facial
- Cell Rejuvenation (anywhere in the body)



Art Therapy

- Abstract Painting
- Drawing / Doodling
- Mixed Media / Crafts
- Color Sand Mandala Meditation



Rhythm Therapy

- Affirmation Drumming
- Sound Bath Meditation
- Rhythmic Movement
- Breathing Visualization Techniques

