

What is *Healing Touch*??

Healing Touch is a relaxing, nurturing energy therapy. The gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being, working with your energy field to support your natural ability to heal.



How can Healing Touch benefit you?

- Reducing stress
- Calming anxiety, depression
- Decreasing pain
- Strengthening the immune system
- Enhancing recovery from surgery
- Complementing care for neck and back problems
 - Deepening spiritual connection
 - Supporting cancer care
 - Creating a sense of well-being
- Easing acute and chronic conditions

Who can practice Healing Touch?

Certified Healing Touch Practitioners (CHTP) are widely recognized in energy therapy training. Practitioners and Instructors are certified through **Healing Touch International, Inc.** Healing Touch is endorsed by the **American Holistic Nurses Association.**