

Spinal Treatment

"Tree of Life"

*Dispels Fear & Anxiety
Awakens Strength & Flexibility*

Connects us to our Ancestors & our Collective Wisdom



Beginning at the level of the Sacrum
Place 1 drop of Conifer EO
(25-50% dilution)
Every 3 - 4" up the spine

x3



Start in sacral area with a light touch & clockwise spiral motion to connect with roots.

x3



Gently ascend up spine along GV channel, connecting the drops of oil. Repeat this 3x, each time starting at the sacrum with clockwise spiral motion.

3-4"



Final ascending line feathers out 3-4" towards medial border of Scapula.



Conclude with one hand lightly on Occiput & the other lightly covering Sacrum.
Hold 1 - 3 minutes or until "shift" is felt.

