

Energy Therapy, Nutrition and a Convenient Spa Package are Among the Services at The Inner You

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Owned and operated by Donna Constantine, The Inner You offers a range of non-invasive therapy services that focus on relaxing and healing the body, mind and spirit.

One of the therapies Donna offers is Reiki, which uses vibration energy to help ease the pain of chronic disease, restore depleted energy, and decrease stress. This safe and natural complement to traditional remedies is used in combination with Hot Stone Massage.

Hot Stone Massage uses heated basalt (lava) stones and a Swedish style massage to increase blood flow, accelerate healing, and loosen muscles. During this relaxing treatment, Donna removes stress and negativity, and instills positive energy. According to Donna, the effects from Hot Stones and Reiki help clients enter what she describes as "a deeply relaxed and meditative state that can produce life-changing experiences."

Another effective therapy that Donna combines with Reiki is Reflexology. It is one of her favourite treatments because, in her words, "Reflexology is so simple and easy. I can do it on myself!"

"The whole body is mirrored on the bottom of your feet. When you sit around a lot, the circulation doesn't get to the whole body, so the blood can't do the job of removing waste products."

This stimulating treatment is applied to the feet where nerves connect to all vital organs in the body. Reflexology improves blood and lymph circulation to detoxify the body and keep the immune system functioning to protect against diseases. It also relieves constricted nerves to

reduce aches and pains, ease sinus congestion and digestive discomforts, and help restore overall balance.

While detoxification can cause temporary tiredness or headaches, drinking plenty of water flushes the released toxins to counteract these effects. It is always a good idea to consult a physician beforehand and many doctors in the Ottawa Valley support The Inner You through referrals.

The Inner You offers in-home reflexology and discounts for seniors.

Pharmanex Nutrition

The unique BioPhotonic Scanner measures antioxidant levels and determine whether a person is getting the full benefits of their supplements.

Pharmanex Nutrition supplements are guaranteed to significantly increase antioxidant levels to slow the aging process, protect against disease, and eliminate damaging free radicals from pollution, cigarette smoke, stress, and the sun.

Conveniently packaged Pharmanex Nutrition is available for home delivery.

Galvanic Spa II

This hand-held device gently transfers antioxidants into the skin to smooth the appearance of cellulite, promote hair re-growth, erase lines, and correct deep wrinkles around the eyes and mouth. Special ingredients keep skin from aging for 24 hours after treatment and puts elastin back into skin for a younger and healthier appearance.

Free demonstrations are offered and the Galvanic Spa II is available for purchase with home delivery of supplies.



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Integrated Energy Therapy (IET)

Integrated Energy Therapy (IET) is a gentle hands-on healing where the practitioner works with angels to extract negative energies trapped in the body and human electromagnetic energy field from illness, trauma and stress.

A relaxing therapy that gets the “issues out of your tissues” and replaces them with positive energy, IET is excellent as a standalone treatment or complement to other holistic techniques.

All services at The Inner You are aimed at reducing stress and promoting comprehensive well-being. The Inner You offers online booking, gift certificates and a rewarding referral program.

Anyone who is frequently stressed or ill would benefit from a personalized evaluation and treatment plan. While everyone is different, many clients find that monthly visits are ideal to maintaining balance in their life.