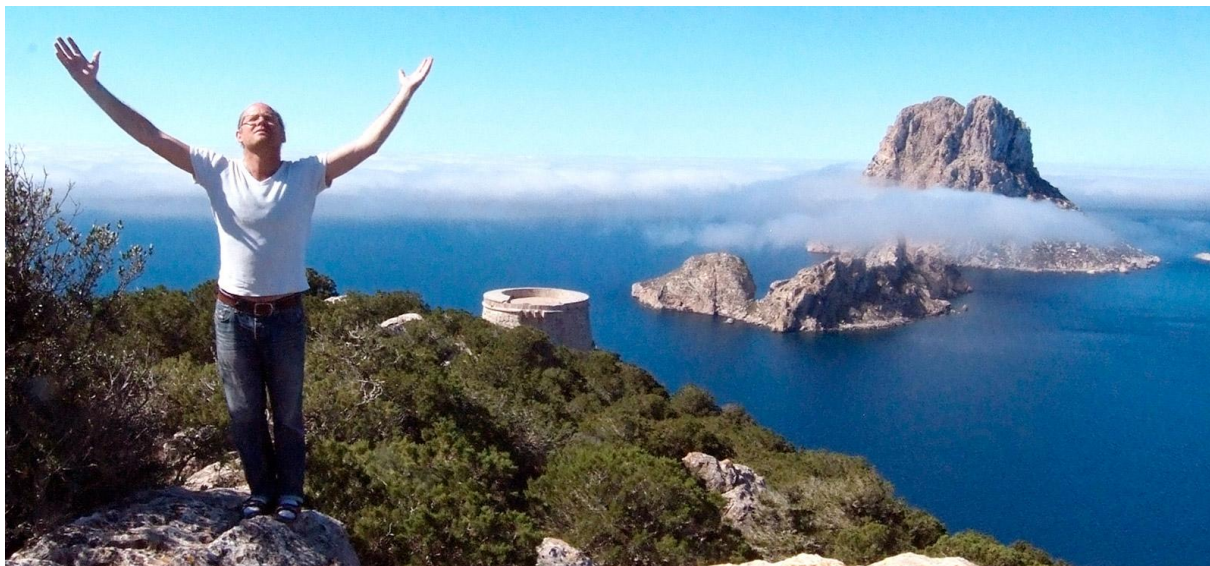


Body Work information Lucien Lecarme



INTUITIVE HEALING MESSAGE // TREATMENTS INFO

*Healing is returning lost parts of the human soul from wherever they have gone—
Indian Shaman*

GOAL:

My goal is to reach homeostasis or deep relaxation through different on-body approaches. This is a holistic approach that activates the self-healing mechanisms that every-body has. The aim is balance since every healer is here to do nothing less than restore natural balance by being tapped into source. Whether you like a total relaxation experience or you have specific contractions and/or conditions and pain, Lucien's approach aims at restoring balance.

MODALITIES:

- Swedish Massage
- Deep tissue
- Myofascial release
- Trigger points activation
- Intuitive Reiki
- Hands-on still point

TREATMENTS

The treatment begins lying on the treatment table with the application of quality oils which nourish the skin and add to using the soft tissue techniques first. The methods used aim to activate vital flow and create the conditions to drop into more profound relaxation. The treatment is also directed towards allowing yourself to feel deeper beyond pain resistance by going through the contracted areas, assisted by breathing.

LUCIEN LECARME

Lucien has three years of bodywork experience in Ibiza, several massage courses and most recently, an integral bodywork course in Ibiza. His focus is essentially on relaxing the parasympathetic nervous system that regulates and stimulates natural relaxation leading to the zero-point experience.

But there is more. The healing consists of going physically, mentally, and spiritually through blockages and possibly stored frozen trauma energy, working gently to open these portals to let the body self-heal by super present and healing touch alone.

We can talk about many different Eastern and Western techniques, but Lucien's view on healing all boils down to that one thing—the quality of touch and the openness and allowance to be touched. Essentially the focus is the full activation of the parasympathetic system bringing awareness of our essence & central still point. Promoting natural flow in our self-regulating systems.

COSTS

Standard treatment fees:

1 hr session 80€

1hr30 session 120€

2 hr session 150€

Discount 2 sessions 10%

Three Sessions 20%

Treatment programs and blocks are available. Price after the first assessment.

Cancellation policy:

72 hours

Extra travel & set-up costs

onsite : 30€

Thank you for your Inquiry

Lucien Lecarme

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