Relax

Cynthia is a Holistic Whole Health Practitioner. She is a Registered and Certified Swedish Massage Therapist, Certified Reflexology Practitioner, Certified IonCleanse ® Practitioner, MLD (Manual Lymphatic Drainage) Practitioner, Usui Reiki Level 1 & 2 Practitioner, Intuitive Reading and Healer for People and Pets, and also has her First Aid and CPR.

Cynthia uses all of her knowledge and gifts to give you a session as unique as you! With the Intuitive Swedish Massage, she might use Aromatherapy, Crystals Wands, Energy Work, Vibration Therapy, and also gives you tools so you can use to continue the healing process in between sessions. With Cynthia's intuitive love, truth, sincere caring for others, and compassion; Cynthia will help you open your mind and heart to new ways of looking at the challenges that you face right now. She will help you to grow mentally, spiritually, emotionally, and physically. With many years of her own pain, challenges, growth and learning, she has what it takes to help YOU on your Healthy Natural Spiritual Journey!

Service Prices

* Massage (first time) 1.5 hr - $85
* Massage 1hr - $75
* Massage 1.5 hr - $110

* 1.5 hr - MLD (Manual Lymphatic Drainage Massage - $110.00

* Reflexology 30 min. - $50
* Reflexology 1 hr - $75

* 1 Session - IonCleanse Foot Bath - $75

Ask about Detox Packages!

* Intuitive Card Reading 30 min. - $50
* Intuitive Card Reading 1 hr - $90

* Reiki 1hr - $75
* Intuitive Healing (Clearing & Balancing Chakras) 1hr - $75

* Pet Reading or Healing 30-45min. - $70

Day	Hours
Monday	10:30am - 6:00pm
Tuesday	10:00am - 6:00pm
Wednesday	10:30am - 7:00pm
Thursday	10:00am - 7:00pm
Friday	10:30am - 5:00pm
Saturday	By Appointment Only
Sunday	Closed

SunRise Healing Center

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Release

SunRise Healing Center

Release • Rebuild • Restore • Renew • Relax

As Unique As You!

Cynthia Barnesky

Holistic Practitioner

Strathmore, Alberta

Rebuild

Maintain Your Health

Releasing, Rebuilding, Restoring, Renewing and Relaxing your mind, body and soul by Intuitive Massage or MLD:

- Improving circulation
- Reducing or eliminating pain
- Improving joint mobility
- Reducing tension within muscles
- Improving immune system functioning
- Increasing lymphatic drainage
- Helps reduce body waste
- Reducing depression and anxiety
- Increasing body awareness

Massage therapy benefits people of all ages. It also benefits the injured, the ill and the stressed; but the real strength with massage therapy lies in the prevention.

IonCleanse® Detox Foot Bath

Symptoms or conditions which may improve from a series of IonCleanse® Detox Foot Baths:

- Joint Pain, Arthritis
- Chronic Fatigue
- Brain Fog- Poor Concentration
- Sleeplessness
- Poor Circulation
- Heavy Metal Toxicity
- Allergies Eczema- Psoriasis Parasites
- Candida
- Obesity
- Hormonal Imbalance
- Low Sex Drive
- Weak Immune
- System Cellular Acidosis (Ph is too high)

Restore

Intuitive Massage

Trigger Point Massage

Foot Reflexology

MLD (Manual Lymphatic Drainage) Massage

IonCleanse® Detox

Reiki / Energy Work

Crystal Healing

Reiki for Pets/ Animals or Plants

Intuitive Reading / Picture Talk

Renew

Holistic Reflexology

- The art of acupressure or trigger points, along with massaging the feet, hands and yes, even ears too.
- This can help heal the whole body systems from the inside out. If you do not like to have a massage, Reflexology might be the way to help your body heal naturally!

Reiki, Energy Work, and Crystals

Crystals/Energy Work or Intuitive Reading are used for Physical , Mental, Emotional and Spiritual Healing and can benefit people in a number of ways:

1. Complementary treatment to conventional forms of Healing
2. Excellent aides for alleviating anxiety, depression and lethargy
3. Some extent and protect us from harmful toxins and negative energies
4. Removes blockages
5. Help us heal ourselves naturally
6. Increased vitality, mental alertness and an improved awareness
7. Counter environmental hazards such as radiation, and polluted air and water.
8. No side effects
9. It is non invasive and safe
10. Helps one see challenges in a different light
11. Gives you tools needed to improve your Physical, Mental, Emotional and Spiritual levels restoring the body's energy level and enhancing the Self-Healing process.