

## *Benefits of Alternative Therapies*

- Deep relaxation
- Clears toxins
- Increase physical energy
- Emotional releases
- Reduce anxiety
- Mental acuity
- Reduce and release tension
- Deepens breathing
- Creates balance in the body
- Quiets the mind
- Improves circulation of blood and lymph
- Comfort from chronic ailments
- Relieves muscular pain
- Promotes creativity
- Helps insomnia



## *Fees & Services*

*Subject to Change*

- Reiki - \$55.00
- Reflexology - \$55.00
- 2 sessions of Reiki  
or Reflexology - \$100.00  
*(non transferable)*
- 3 sessions of Reiki  
or Reflexology - \$135.00  
*(non transferable)*
- Reiki/Reflexology Combo - \$55.00
- Children under 12 - \$35.00
- La Stone Reflexology - \$75.00
- Cranio Sacral Therapy - \$55.00
- Swedish Massage - \$65.00

## *Gift Certificates Available*

### **Patricia Cucolo, LMT**

250 Wolcott Road  
Wolcott, CT 06716  
203-879-1385  
203-879-4529

*By appointment*

[www.wholesome-energy.com](http://www.wholesome-energy.com)

# Wholesome Energy

*The Perfect Balance*

## Alternative Therapies

### **Patricia Cucolo, LMT**

Licensed Massage Therapist  
Reiki Master Teacher/Practitioner  
Certified Reflexologist

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## Reiki

Rei + Ki (pronounced ray-key) is spiritually guided life force energy. The word REI is spiritual wisdom. Ki is the life force. Through a gentle laying on of hands by the practitioner this wonderful relaxing energy is released to the recipient. The client lies fully clothed on a massage table. The practitioner works on the major energy centers of the body (chakras). The energy is transferred and allows the individual to relax and sometimes fall asleep. The healing is always directed by the universal life force energy and in accordance with the person's own inner wisdom. When the session is complete, some individuals report a feeling like a weight has been lifted. Reiki can never do any harm and is always for the highest good. It is a wonderful adjunct to alternative healthcare and mainstream medicine. The best way to explain reiki is to experience a session.



## Massage

Therapeutic massage is an age old remedy and health practice. It is found in all major civilizations past and present. Massage helps to improve circulation of blood and lymph, relief for muscle tension and encourages the body to relax and improves energy flow. Swedish massage contains long strokes, kneading, friction, and percussion techniques.

## Cranio Sacral Therapy

Cranio Sacral Therapy (CST) is a light-touch therapy that can create improvements in your health and well being. CST releases tensions deep in the body to relieve pain and dysfunction. A person lies on a table and is fully clothed while the therapist begins to monitor the rhythm of the fluid that is flowing around the central nervous system. With a very light touch the therapist facilitates tissues to release and improves the form and function of your central nervous system. By helping to release the tension in the tissues, restrictions are eliminated and the body can relax and self correct. CranioSacral Therapy was developed by Dr. John Upledger, an osteopathic physician. More than 80,000 therapists have been trained in this system.

## La Stone Reflexology

La Stone Reflexology is the application of hot and cold stones while applying reflexology techniques. These special river rocks hold the energies of Mother Earth and the process of relaxation and grounding begins through the soles of the feet. During a treatment the recipient lays fully clothed on a bed hot of hot stones along their spine, as well hot stones in their hands. A full reflexology treatment is done solely with the use of alternating hot basalt and cold marble stones. Hand and ear reflexology are also done. Please note that this session requires 70 minutes when booking an appointment.



## Reflexology

Reflexology is a modality of natural healing which includes the physical act of applying pressure to the feet. It is based on a system of zones and reflex areas on the feet, hands and ears which correspond to all glands, organs and systems of the body. It has been practiced for centuries. It gently and effectively maintains health while building up the body's immunity and resistance to disease. It is an excellent antidote to stress. Relaxation is a prerequisite for health. Reflexology's stimulation is capable of inducing the alpha state of relaxation, which unclutters the mind and opens to tranquility. We all start life with the potential for good health. Most illness is the result of improper maintenance of the body. The resulting imbalances create a buildup of toxins in the system which inhibits the free flow of energy essential to our well-being. Reflexology relaxes the body. It releases an unrestricted flow of vitality and restores balance, encouraging the body's own healing system to take over. After a reflexology treatment, the body feels recharged. The treatment of stimulation to reflex points on the feet provides renewed physical and emotional strength. It is this energy that improves cooperation and coordination between the bodily systems.

## Patricia Cucolo, LMT

Patricia Cucolo received her bachelor's degree from the University of Connecticut and is a licensed massage therapist. Patricia is a certified Reflexologist and a Reiki Master Teacher and Practitioner. She has been in practice for fourteen years and employs different healing modalities in her practice. Clients range from prenatal to senior citizens. She is a Reiki Master in the Usui, Karuna and Shamballa lineages and enjoys teaching Reiki.

Patricia has been trained in the Universal Method of Reflexology. She is nationally certified by the American Reflexology Board. She is also trained in the Father Josef Method of Reflexology, La Stone Reflexology, hand and ear reflexology and Metamorphosis Technique.

Patricia has taken classes in CranioSacral Therapy from the Upledger Institute. The variety of therapies offered help to broaden the choices for each individual client. Patricia is also an office manager for Chiropractic Kinesiologists, LLC.

The above modalities compliment the work of chiropractic, acupuncture, kinesiology and neuroemotional technique that are employed at her husband's holistic office setting.

