

Stress Management Fact Sheet

Treatments

- Time – 10 to 15 minutes per person
- Away from desk in a quiet environment

Treatments consist of

- Counselling
- Muscle testing to find out where stress is stored in the body
- A Relaxation treatment consisting of a selection of five flower essences

- Pink Fairy Orchid – environmental stress



- Hybrid Pink Fairy Orchid – people stress



- Yellow Flag Flower – glum when under stress



- Purple Flag Flower – build-up of pressure



- Violet Butterfly – to love again



- And/or an Energy treatment consisting of a selection of four flower essences

- Cowkicks - shock



- Pink Fountain Triggerplant – increase vital force




- Reed Triggerplant – for a series of blows





- Purple Enamel Orchid – balance energy levels




- And/or a Pain Relief treatment consisting of a selection of four flower essences


- Menzies Banksia – release pain memory 


- Dampiera – letting go 

- Purple Flag Flower – build up of pressure 

- Macrozamia – balance fluids 

- With the possible use of other essences

- Leafless Orchid – for the carer 

- WA Smokebush – to bring mind and body together as a whole 

- Brown Boronia - worry 

Flower essences are placed on relevant acupressure points on the ears



- 1 – Shenmen for Relaxation
- 18 – Heart for Energy
- 39–43 – The Spine for Pain

Treatments are weekly as they have an accumulative affect for the staff, although can be adjusted depending on the needs of the client.

Costs

- \$220 (incl. GST) minimum which includes 8 treatments
- \$27.50 (incl. GST) per treatment thereafter
- Approximately 4 treatments per hour

Thank you to Living Essences for the photos of the Western Australian Flowers and <http://www.west-meet-east.com/alterear.htm> for the image of the acu-points of the ear.