



DIVING DEEPER WITH DR. DEAN

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Grief

One of the hardest lessons life offers is figuring out how to navigate through the loss of a loved one.

Coming to the realization that not everyone grieves the same way you do; and understanding that not everyone knows how to meet your needs.

The biggest challenge, I believe, is watching life go on for everyone else while sitting here stuck. Stuck absorbing what actually happened. Stuck unsure of what to do next. Stuck knowing your entire world just flipped upside down but life goes on per usual in the world around you; undisrupted.

Pause. Take a breath. Breathe in. Breathe out. Slow down. Take a minute to look around you. Find a place of peace and hold onto that.

Allow yourself the space to feel. To be mad, to yell, to scream, to cry, to reminisce, to love and to eventually accept.

If you need assistance, I am here to support you naturopathically with a consult customized to you and your needs during this difficult time.

Flower essences are amazing to assist the body with dealing with different emotions. Essential oils can also be helpful. Ignatia is the homeopathic remedy that helps the body process through grief specifically and can be beneficial when one is ready to grieve but needs a bit of assistance.

Touch can also be an amazing tool to let go of trapped emotions and trauma, whether it be an emotional release massage or any type of bodywork.

Don't discredit the emotions of our little ones either. Sometimes they don't understand or express things the same way adults do.

But they FEEL all the same. AND they can pick up and take on our emotions too.



New Bodywork Packages



Open Mon & Fri | 8:30am - 3pm
Wed | 8:30am - 6pm

REJUVINATE ME PACKAGE

Plan on 2 hours

1 hour massage -
includes essential oil
infused lotion
25 min reflexology
25 min craniosacral

110 minutes ... \$180

PAMPER ME ALL DAY

Plan on 3 hours

1 hour massage -
includes herbal rub
upgrade
25 min reflexology
25 min craniosacral
1 hour deluxe ionic
foot soak

170 minutes ... \$250

ROYALTY PACKAGE

Plan on 5 hours

1 hour Massage
1 hour Raindrop Therapy
1 hour CranioSacral
1 hour Deluxe Ionic Foot
Soak
25 min reflexology
25 min head/face
massage

290 minutes ... \$400



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