

DIVING DEEPER WITH DR. DEAN

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Emotional Release Massage

What is an emotional Release massage? Well, it's very different for different people and it can even be a completely new experience each session as well! No two treatments look or feel the same.

I have had people crying within two minutes. I have had people belly laughing the whole hour. I have had a time for silence and a time to talk things out. Some people even leave with homework! An emotional release can and will happen when and if you are ready for it. It can leave you susceptible to 'releasing' for about two weeks within the session.

This 50 minute treatment is done clothed and emotionally supporting essential oils are used on the body.

Let's Talk Emotions...

Emotions are a big part of life. There is no such thing as a bad emotion. There's a time and a place for anger just as there is a time for joy. But the problem occurs when we harbor these feelings and let them fester and boil over.

For example, Worry. Worry is typically the emotion associated with the stomach. When we allow worry to fester, it can take on a physical form and leave us with an ailment such as an ulcer.

Dealing with our emotions before they become physical ailments is ideal!

So what can you do?

- Journal out your feelings
- Counseling - talk it out
- Break Room - get out your frustration
- Scream it out into a pillow
- Write a letter and burn it or send it
- Get an emotional release massage

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Additional Emotional Support Ideas-

Flower Essences

Flower essences come in a dropper and can be an amazing tool to assist the body. These also work amazingly with kiddos! They gently work to nudge the body into a balance.

Schedule a 1/2 hour naturopathic session to get a customized flower essence specifically created to support you emotionally!

Essential Oils

Most essential oils impact us emotionally in addition to all the other benefits they provide! Some blends that are used in the emotional release protocol are -

- Joy - placed over the heart
- Release - placed over the liver (which is the area that houses anger)
- Forgiveness - placed on one's abdomen (self-worth, self esteem, self-respect)
- Harmony - to provide balance
- Hope - who doesn't need a little extra of that?

My prayer over the client is to let go of things they don't need (old ideas, bad thought patterns) and to replace them with positive affirmations of love, joy, acceptance etc.

Grounding Oneself

Take time to get outside barefoot to some bare earth, or spine of your back to the spine of a living tree. This helps to reset our circadian rhythm and can assist in lowering our cortisol (stress) levels.



"Let it all go... see what stays..."

