



Your day.
Your way.

I Do.
WEDDING CONSULTING
by Lynda Barnes

215-262-8188 lynda@idoplan.com www.idoplan.com

GUIDE **relax**

Terme Di Aroma
provides a holistic
approach to therapy.



healing hands

REIKI, A JAPANESE THERAPY THAT USES TOUCH TO PROMOTE BALANCED ENERGY, IS BRINGING SERENITY AND HEALING TO PHILADELPHIA.

BY ALEXANDRA LESHNER

Calista Grand

As West Chester's first day spa and salon—founded by Donald Moore and Maria McCool—Calista Grand offers everything to feel pampered from head to toe. Among the trio of massage therapists is Natalie, who has 15 years of experience and counts Reiki as one of her specialties. **1211 Wilmington Pike, West Chester, 610-399-6677; calistagrand.com**

Calm Studio

This urban sanctuary in Passyunk Square offers clients a serene, intimate atmosphere, plus the vast knowledge of bodywork possessed by owner Paula Edge. "I use a combination of Reiki, breath work, and guided relaxation in my treatments," she says. "They

are a combination of healing, meditation, and prayer." **1214 Moore St., 267-909-8007; becalmbewell.com**

Equilibrium Spa

Owner Marta Tothova is the master of natural healing therapies at Equilibrium, located on the Main Line. Although she says anyone can benefit from Reiki's ability to reduce pain and alleviate stress, Tothova has found particular success working with cancer patients undergoing chemotherapy. **1038 W. Lancaster Ave., Bryn Mawr, 610-642-0240; equilibriumspanatural.com**

Four Seasons Spa

You'll need the whole day to experience all that the Four

continued on page 182



Celebrations
Distinctive Wedding Facilities

Exquisite Decor ■ Culinary Excellence ■ Indoor/Outdoor Ceremonies

2201 Galloway Road | Bensalem, Pennsylvania 19020 | 215.244.4400
www.CelebrationsWeddings.com



One Nation. One Spirit.®

A distinctly smooth and silky spirit with a crisp, clean taste.
Proudly handcrafted in small batches in the USA.

AMERICAN HARVEST® ORGANIC SPIRIT, 40% ALC./VOL., PRODUCED
AND BOTTLED BY AMERICAN HARVEST DISTILLING, RIGBY, ID USA

americanharvestspirit.com | facebook.com/americanharvest

Drink Responsibly

GUIDE **relax**

continued from page 180

Seasons Spa has to offer, but make sure to leave room for a Reiki massage (which is available upon request) with Debbie DeLuna or Hilde Nieuwenhuysen, the spa's seasoned practitioners.

1 Logan Square, 215-405-2815; fourseasons.com

Hawthorne Yoga & Reiki

Whether you choose a one-on-one session or the community Reiki clinic—"The more Reiki in the room at once, the greater the healing energy," says Studio Director Emily Lenhard—you can discover all aspects of the Japanese therapy at this collective.

1241 Carpenter St., 215-833-1587; hawthorneyoga.com

Heaven & Earth Salon

The team at Heaven & Earth recently welcomed a fresh face to their Lafayette Hill location: masseuse Frannie Townsend. "I've enjoyed bringing peace, joy, and relief to people through massage therapy for 16 years—it's my passion," says Townsend, whose specialties include Reiki.

505 ½ Germantown Pike, Lafayette Hill, 610-828-0211; heavenearthsalon.com

The Reiki School and Clinic

For the past 14 years, Kimberly Fleisher and her highly educated staff have been delivering Reiki to the area. "Our emphasis," she says, "is on creating a credible model for Reiki that makes it accessible to everyone."

727 S. Fourth St., 215-238-0659; thereikischool.com

Terme Di Aroma

Thirty-year bodywork veteran Angela Walker is the senior

Reiki therapist at this Old City spa, which was founded by a nurse and a psychologist. "I love practicing Reiki for many reasons," Walker says. "It's a very reciprocal experience, as the energy channels through me, as the practitioner, to the client."
32 N. Third St., 215-829-9769; termediaroma.com PS

TOUCH BASE

Therapist **Judy Moon**, of Judy Moon and Associates, explains the art of Reiki.



"To perform Reiki, I place my hands on specific areas of the body, directing healing energy, which promotes deep relaxation, removes energy blockages, detoxifies the body, and increases overall well-being. Reiki is an amazing resource that I keep in my wellness toolbox to support physical and emotional health and balance."

604 S. Washington Sq., 267-671-0861; judymoon.com



Reiki employs a technique known as "palm healing."