



the
Upminster *Sanctuary*
COMPLEMENTARY HEALING & TEACHING

Julia Elizabeth Massey

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Founder of The Upminster Complementary Healing & Teaching
Sanctuary

Aromatherapy Massage

Aromatherapy Natural Lift Realignment Facial Massage

Bach Flower Remedies & Courses

Healing (Angelic/Pellowah/Spiritual)

Indian Head Massage

Meditation Courses

Reflexology

Spiritual Guidance/Soul Connection

Thermal Auricular Therapy (Ear Candle)

Courses & Workshops

The Upminster Sanctuary History

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AROMATHERAPY

Julia as a child would also spend a lot of her school holidays wandering the countryside collecting, pressing and categorising wild flowers and developed an innate love of nature. Her nose was very often covered in pollen where she had sniffed the fragrances of wild and garden flowers.

Aromatherapy oils are powerful tools that promote self healing. They can be sedating or stimulating, some relieve pain and muscle tension, and most oils are antibacterial. They are derived from flowers, fruits, leaves, pods and resins.

Aromatherapy Massage combines them with the healing power of touch. This holistic treatment benefits the body, mind, emotions and spirit.

The use of essential oils and plant extracts for their healing properties goes back thousands of years. Sumerian and Egyptian records dating back to 2,500 BC show a wealth of knowledge of herbal remedies.

An essential oil is aromatic essence distilled from a single botanical source. Essential oils have healing properties that can have many different effects on the body, mind and spirit.

There are many ways of using essential oils therapeutically—in baths, inhalations, compresses, creams or lotions. One of the most pleasant and effective ways is through aromatherapy massage.

Julia has worked with essential oils for 30 years. She will consider the client as a “whole” - body mind and spirit. She will take an in depth consultation on your first visit establishing medical history, lifestyle, current ailments or allergies and any personal factors affecting your general wellbeing. She will then devise a personal treatment plan and make an individual prescription with which she will apply through massage. She may also prescribe oils for home use.

Carefully chosen oils can increase concentration, memory and productivity. Insomnia and other sleep disorders can be treated. There are several antidepressant essential oils that can be particularly helpful for the release of mental and emotional tension, mood swings, anxiety and some psychosomatic disorders. “Nature gives us all we desire to keep us well and whole”.

AROMATHERAPY MASSAGE

Initial Consultation for all treatments up to 40 mins £20
Aromatherapy prescription included. All Treatments.

Face and Whole Body Massage
2 hours - £95

Face Massage, Whole Back, Neck and Shoulders
1 hr 25 mins - £75

Face Massage, Neck, Shoulders and Reflexology
1 hr 25 mins - £75

Whole Back Massage, Neck & Shoulders
1 hour—£55

Hands, Feet, Knees & Lower Leg Massage
30 mins—£35

Holistic Back Massage
35 mins—£40

Natural Life Healing & Destressing
Aromatherapy Face and Neck Massage
1 hour—£55

BACH FLOWER

1 hour £55 (including prescription)

Additional Prescriptions £10

Julia first met Julian and Martine Barnard of Healing Herbs on 25th May 1991. Since then she has studied, administered and taught Bach Flower which in her eyes are “Miracles in bottles”!

Bach Essences are a simple and natural method of healing through the use of certain wild flowers. The remedies, which treat these personality disorders of the patient rather than the individual physical condition, were discovered in the 1930's by Edward Bach. After many years of practice in conventional medicine as well as homoeopathy Edward Bach was led to the realisation that what characterised the physical disorders of different people was not so much the many categories of disease but the psychological conditions that generate them. Over a period of years he was enabled to recognise these psychological conditions and find in each case an appropriate remedy. The remedies were found in the flowers of the field and trees of the countryside—in nature's God-given healing power.

Although there are thousands of variations in physical illness the psychological causes are relatively few. The Bach Flower remedies recognise 38 conditions each specifically aligned to one of the states that generate 'dis-ease' within the psyche.

They are classified under seven headings

- ♦ For Fear
- ♦ For Uncertainty
- ♦ For Insufficient Interest in Recent Circumstances
- ♦ For Loneliness
- ♦ For Grose Over-Sensitive to Outside Influences.
- ♦ For Despondency and Despair
- ♦ For Overcare for the Welfare of Others

When visiting a Bach Flower Therapist you will have the opportunity to speak through your problems. A Bach Flower Essence will then be prescribed. Treating the Client individually is important since it is sometimes necessary to change the prescription as the psychological condition changes. The remedies last for 28 days at which time another prescription will be prescribed. Upto 5 individual essences can be prescribed in one prescription.

By using the potentised energy from a particular flower, whose properties are exactly aligned to a particular condition, we have a concentration of that general healing power that can actually bring about change within us so that hatred may become love, despair may find faith, indifference may become purposeful and the exhausted may find strength.

Julia has witnessed these changes many many times and loves to help people strengthen and embrace their lives using these remarkable Bach Flower Essences.



HEALING

Julia has worked professionally as a Human Healing Vessel for over 25 years. As a child she would spend hours sitting with new born calves, piglets and sometimes kittens loving and nurturing them through their traumas. At that time she was completely oblivious of her gift purely working from her heart.

Angelic Reiki

1 hour—£55

Angelic Reiki is a powerful – yet gentle, hands-on healing system that allows very high vibrational energies, Intelligent 'Beings of Light' to work upon our body and help release physical, ancestral, emotional and karmic imbalances across all times and incarnations.

Unlike Usui Reiki, where the attunements are carried out by the teacher, human-to-human, within the Angelic Reiki healing system, the attunements are done by the Angelic Kingdom of Light and given to each individual by their own healing Angel. Within Angelic Reiki there is no lineage and no room for human error—it comes straight from the Angel.

Pellowah Energy Healing

1 hour—£55

Pellowah Energy Healing unblocks and realigns. It brings balance enabling you to make choices, to reach your highest purpose and potential. It furthers you on your own unique journey of self discovery and greater self awareness.

You may experience a greater feeling of inner peace and clarity of mind. Calming of emotions, deep relaxation, increased confidence and healing of chronic conditions, addressing the root cause of emotional issues. Overcoming fear, self doubt and Anxiety.

The Pellowah Healing Technique was channelled from 'Spirit' to Kachina Ma'an, who has dedicated her life to the spiritual evolution of humankind.

Pellowah was first taught in 2003, and since then Kachina has travelled extensively teaching this healing technique and changing people's lives. Many believe that this is the purest form of healing available to us at this time.

Pellowah Healing Technique was not brought through as a healing technique but as a tool for enlightenment. The healing capabilities acquired are the by-product of the shift in consciousness that occurs when attuned.

Spiritual Healing

1 hour—£55

National Federation of Spiritual Healers (logo)

Healing is a natural therapy where Healing Energy is channelled by the Healer through to the Client. It is a completely natural process and is thought to be a flow of beneficial energy between the Healer and the recipient. It deals with “dis-ease” at its deepest level and frees your natural resources to work in the most effective way for you.

When our energy is unbalanced or depleted (resulting in illness or stress) the Healer acts as a gentle set of jump leads and the energy is then drawn to where it is most needed.

The same is true when we eat food—the goodness goes to where it is most needed without us having to think about it.

For this reason, the Healer does not need to know your problem for Healing to take place, but you are free to talk about it if you wish.



INDIAN HEAD MASSAGE

1 hour £55

The true origin of Indian Head Massage lie in the ancient system of medicine known as Ayurveda. It was developed by holy men (RISHIS) from the Himalayan region of India around 1800 BC.

- ♦ Indian Head Massage aids in the relief of migraine. Often tension in the mid back, neck and head can lead to headaches and migraines.
- ♦ Indian Head Massage promotes hair growth. Massage to the scalp and head increases nourishment and oxygen to the hair follicle which in turn stimulates hair growth. Kneading of the head during a massage opens up the blood vessels on the scalp and helps in better absorption by blood vessels.

Indian Head Massage stimulates Lymphatic Drainage, relieves insomnia and fatigue, relieves symptoms of anxiety and depression, renews energy levels and boosts memory capabilities.

Indian Head Massage may also increase joint mobility and flexibility in the neck and shoulders, may improve blood circulation, can free knots and muscular tension, may relax connective tissue and may aid in the elimination of accumulated toxins and waste products.

Healing/Balancing Aromatherapy Natural Lift Facial Massage

1 hour £55

This treatment integrates a series of intricate facial massage movements and tapping techniques combined with the use of essential oils tailored to the clients individual requirements.

Julia works intuitively releasing energy blocks and accessing stress release points. This is combined with a soothing but invigorating scalp massage with a more intense neck and shoulder massage again suited to the clients individual needs.

Facial Massage stimulates the circulation of the blood towards the skin, and enhances cell growth. It helps in the prevention of fine lines and new wrinkle formation while at the same time helps in tightening the skin and improving its elasticity.

The use of face tapping during the facial massage will stimulate collagen. Since stress hormones break down collagen (responsible for skin's texture and elasticity) tapping can help prevent ageing and wrinkles. The skin's cells need good circulation to heal, and tapping stimulates blood circulation which is linked to collagen production.

It is helpful to receive one of these massages every 4-6 weeks if not more regularly.

REFLEXOLOGY

Specialises in Soul Connection, Balancing , Health & Wellbeing.

Initial in-depth consultation, full treatment and treatment plan
Min 1 hour and 40 mins— £70

Follow-on Treatment
Min 1 hour—£55

Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and wellbeing; by reducing stress in people's lives can be key in optimising good health and building resilience.

The art of reflexology is believed to have its roots in the ancient civilizations of Egypt, China, Africa and the Indian tribes of America. Most teachers of foot reflexology have acquired their basic knowledge directly or indirectly from Eunice Ingham's teachings. It was one of her students Doreen Bayly who introduced reflexology to the UK in the 1960's.

Reflexology today is a precisely defined form of treatment based on the principle that the anatomy of the body is reflected in miniature on reflex zones on the feet (and also the hands).

Sometimes the body is in a state of "imbalance" following illness or injury, disease or stress, and energy pathways are blocked preventing the body from functioning effectively. These "imbalances" manifest themselves as crystals at the affected reflex point.

These reflex points are minute (over 7,000 in a human foot) but sensitive, trained hands can detect subtle changes and, by working on these points, applying firm pressure with the thumb and fingers, can release blockages and encourage the flow of energy to the corresponding organ or system of the body.

With ever increasing levels of stress, it is important for us all to take more responsibility for our own health care needs. By helping to restore and maintain the body's natural equilibrium, reflexology encourages healing and helps us to cope on a physical, mental and emotional level.

Reflexology treats the whole person, not just the symptoms of a particular problem. Sufferers from many diverse conditions have reported benefits.

Reflexology has been shown to be effective for:

Back Pain
Sports Injuries
Arthritis
Migraine
Tension Headaches
Sleep Disorders
Infertility
Stress Related Problems
Hormonal Imbalances
Digestive Disorders

Julia never ceases to be amazed by the healing powers of reflexology!



SPIRITUAL GUIDANCE AND SOUL CONNECTION

1 hour £55

2 hours £90

So many of us lose our way at certain times in our lives. We feel isolated, bleak, lonely and at our wits end. Usually at this time we walk away from our family and friends as if to hibernate and heal. To come to terms with what is happening to us. Then we isolate ourselves and feel on the outside of life. This is called “The Dark Night of The Soul”

At this time we need help, love and guidance. To talk and understand that this experience is the making of us not the breaking of us.

The Blacksmith takes a piece of precious iron. He heats it in the fire until it is red with heat. He then hammers it and forges the metal into a new shape—still the original iron—but renewed and restructured. This is exactly what happens to all of us at some juncture in our lives.

A lonely frightening difficult experience. Julia is here to help you, guide you and explain the patterns of life force and how and why it has impacted on your life.



THERMAL AURICULAR THERAPY (Ear Candle)

1 hour £55

Julia incorporates 2 ear candles, tapping, neuromuscular face massage and healing into her treatments.

An ear candle looks like a hollow straw of cotton structure tapered at one end, leaving the top and bottom open. It is coated with Beeswax. The candles are made of 100% unbleached cotton fibre and maybe infused with essential oils.

The recipient lies on their side with tapered end resting gently and snugly in the ear. Prior to insertion the therapist lights the top of the candle. As the candle burns down, the heat and smoke created by the burning develops a very slight warm swirling current of air. Since hot air rises this pulls from the ear candle toxins, remnants of past infections and Candida accumulations. Ear candling also seems to have a beneficial clearing affect upon the lymphatic system.

The healing art of Ear Candling goes back over 2,500 years. Many nations and cultures have used Ear Candling which was considered as a spiritual practice and for purification prior to ceremonies of initiation. Ear Candling was practiced by the Ancient Egyptian, Mayans, Greeks, Chinese, Aztecs and also used in India and Tibet.

Candling was used to contribute to the opening of the body's spiritual centres, helping to centre the mind, clearing and cleansing the spiritual body right through to the physical. It is said that Ear Candling stands for change in the person being ear candled

Ear Candling Benefits:

- ♦ Sinusitis
- ♦ Candida (yeast formation)
- ♦ Rhinitis (allergies)
- ♦ Chronic Headaches/Migraines
- ♦ Tinnitus
- ♦ Colds and Flu
- ♦ Hearing loss/problems—Energetic Revitalisation
- ♦ Relaxing and calming effect in cases of stress.

Solid compacted wax will not be removed with ear candling. Ear Candling should not be used to replace qualified medical advice.

It is important to remember that there are contraindications with all physical therapies. These can be discussed at the time of booking or during your consultation with Julia.

THREE DAY INTENSIVE BACH FLOWER ESSENCE COURSE TAUGHT OVER THREE SUNDAYS HELD YEARLY IN THE SPRING

Julia derives enormous pleasure in teaching this in-depth course in which she introduces you to the 38 Flower Remedies which are the key to healing Spiritual, Chronic and Acute states of emotion.

Day One 11th April 2021

- ◆ On day one Julia introduces Dr. Bach, his life, philosophy and work.
- ◆ The Twelve Healers – Type essences relating to a characteristic type of personality (you might even recognise yourself!)
- ◆ How the gesture of the plant indicates the emotional state. Julia collects twigs, branches, plants and leaves in order to illustrate by example.
- ◆ Working with the first twelve remedies known as the Twelve Healers. How were you as a child? How did you feel, react, were you fearful, were you a pleaser, were you impatient, were you possessive and selfish.
- ◆ Choosing your Soul Type Essence.

Day Two 9th May 2021

- ◆ The Alchemical experience “is about the relationships between the microcosm of the human soul and the macrocosm of nature and the cosmos”.
- ◆ Overflow of Day One
- ◆ How essences are prepared: Sun Method, Boiling Method, weather permitting you will make a remedy by the Sun Method and learn to interact with nature more closely.
- ◆ The Seven Helpers – Dealing with the transient mood of the psyche.
- ◆ Diagnosis of Application. The Class is interactive, sharing experiences and observations. The Art of making and Essence.

Day Three 6th June 2021

- ◆ Everything becomes clear, now it is time to work with the 38 remedies.
- ◆ Overview of Day Two
- ◆ The second nineteen essences
- ◆ Bach Flower Essences for Animals and Plants.
- ◆ Combination Essences
- ◆ Your personal blend.
- ◆ The Course will give you a strong foundation for your ongoing development and growth. Learning to use and understand the 38 Flower Essences is a journey in itself. It involves personal development, self-awareness and the ability to observe others non judgementally.

Includes Illustrated Notes, Notepad, Folder, Pack of 38 Bach Flower Cards and Two Prescription Bottles.

INTRODUCTION TO MEDITATION, MINDFULNESS AND SPIRITUAL AWARENESS

HISTORY

The Sanctuary has for 50 years been Julia Massey's dream. In 1971 Julia's Aunt gave her £500 "to play with on The Stock Exchange". She invested the money wisely and with proceeds purchased the land adjacent to Maytree Cottage.

Her love and dedication have transformed a wilderness full of general debris, household rubbish, broken glass, milk bottles, abandoned parts of cars and machinery into a peaceful haven full of wildlife, fish, birds, bees, trees and flowers.

The original building was constructed in 1973. It was then made into a garage/barn in 1983 and completely refurbished in 1998.

The Upminster Sanctuary was opened on 5th October 1998 by Julia's mother Elizabeth Cosser the local District Midwife.

Julia works alongside a remarkable Team of Professional Therapists who dedicate their time to serving our community with love and care through their many healing modalities.



There is a pictorial guide of The Sanctuary's progression over the last 50 years in reception.