



Restorative Therapy

THE WELLNESS SPA

916 WATER STREET, STEVENS POINT, WI 54481

(715) 341-3333



Now at The Wellness Spa!

Our Restorative Therapy treatment is a non-invasive, gentle approach to address stress, mental health, physical pain symptoms, and trauma. It enhances other care that individuals may already be receiving for more lasting and long-term relief.

These treatments can help address mental and physical barriers to free people from pain, anxiety, and trauma, while providing support through life changes and challenges. This is a great option for those with chronic pain, stress, burn-out, mental health issues, or a history of trauma.

With a variety of modalities available to customize each session, clients can experience long-lasting relief from chronic, recurring, or deep-rooted symptoms. Our ultimate goal is for people to feel supported, more in touch with themselves, and at peace.

Includes...

- Personalized Experience
- Craniosacral Therapy
- Myofascial Unwinding
- Brainwave Entrainment
- Somatic Trauma Release
- Energy Alignment
- Hands-on Treatment
- Unique Equipment



Benefits of Treatment

These alternative healing modalities can address a variety of symptoms and get people back to a place of wellness and peace.

- Reduce anxiety and stress
- Decrease depression
- Get rid of brain fog
- Enhance mental clarity
- Increase energy
- Improve range of motion

- Reduce tension or stiffness
- Ease chronic or recurring pain
- Recover from accidents or injuries
- Process and release trauma
- Restore feelings of peace
- Get back in touch with the body

Restorative therapy works hand-in-hand with other healing practices: chiropractic, massage, acupuncture, and mental health therapy. Clients find that their adjustments last longer, they make progress more quickly, and can overcome stuck patterns as they address the root of the issue.

Trauma Informed

When a traumatic event occurs, often a person's immobility instinct kicks in and everything freezes. This is one of the nervous system's automatic and involuntary responses when faced with an inescapable or overwhelming threat.

If the individual is unable to complete the stress response cycle after the threat is over, that energy remains frozen in the body. Trauma symptoms stem not from the event itself, but from this energetic residue in the nervous system that has not been discharged or resolved.

People often get stuck in their recovery when they only address the mental/emotional component of trauma (processing memories, thoughts, and emotions), but neglect the frozen energy residing in the physical body.

The hands-on bodywork and neurotherapy we offer with Restorative Therapy facilitate the gentle release of that stored energy in the tissue, allowing for breakthroughs in recovery.

The therapist will ask questions and gain consent throughout the treatment session to ensure the client feels comfortable and to help guide them to participate in their healing.

TREATMENT MODALITIES WE OFFER

Treatment is curated and personalized for each individual depending on what they are working through and what they are comfortable with.



Neurotherapy: Clear Mind

Less than optimal brain wave patterns may result in heightened levels of stress, depression, anxiety, addiction, compulsivity, or brain fog. Thankfully, our brains are capable of learning and changing these patterns and getting back on track for optimal and desirable functioning.

We do this with the Clear Mind brainwave entrainment system, which utilizes neuroplasticity to create new neural pathways, bringing relief to typical stress patterns. Trauma researcher Peter Levine, Ph.D, consulted with Clear Mind to guide the design of neurotherapy programs to offer a body-centered approach to trauma.

Using programmed photic stimulation and binaural beats (light and sound transmitted through special glasses and headphones), the brain is activated in ways specific to the client and the relief or focus they're intending. This system encourages optimal brain activity that allows feelings of peace, calm, focus, and contentment.



Dynamic Body Balancing

Dynamic Body Balancing (DBB) is a hands-on treatment that restores balance to the mind, body and spirit. Founded by chiropractor Dr. Carol Phillips, it combines techniques in CranioSacral Therapy, Myofascial Unwinding, and Biofield Therapies. DBB helps support the body achieve a state of homeostasis and optimal function.

This treatment is performed fully clothed while the individual is seated, standing or lying down. While in these positions, the fascia can begin to unwind and is brought back to balance within the body.

Emotions that are stored within the cells are allowed to release from their frozen state. Releasing emotional and physical energy patterns through use of these techniques is self-directed and spontaneous and may lead to a longer-lasting resolution of pain and dysfunction.

These techniques may be especially helpful for those experiencing chronic or recurring pain, tension, or stiffness. Additionally, it's safe for babies, children, and pregnant women. DBB techniques were created with pregnant women in mind and serve both the woman and infant throughout the pregnancy and in preparation of labor.

NeuroMotion Therapy

Our NeuroMotion Therapy combines the multi-sensory effects of synchronized light, sound, vibration, and motion to create a pattern of interruption which pulls the brain out of non-productive, habitual looping process.

By calming the brain and nervous system into a state of homeostasis, the NeuroMotion system breaks through the brain's old filters, allowing new thought patterns to form. NeuroMotion "relaxes and releases" the brain into more healthy and adaptive patterns, improves brain-body balance, coordination, and mood.

NeuroMotion promotes deep relaxation, can help decrease anxiety, and improve restorative sleep so cellular healing can take place. Because motion helps remove the biochemistry of stress, it holds the potential for helping individuals optimize performance and learning.

Like meditation, motion allows the body time to remove excess steroids such as cortisol and adrenaline, both of which are recognized to have long-term detrimental effects. It's a peaceful experience that allows a sense of overall happiness.

How to Book These Services

Visit our website to view treatment packages. We recommend the full 90-minute Restorative Therapy session if it's your first time so you can mix and match things and see what works best for you. You'll chat with your therapist to determine which modalities will address what you're feeling that day and what kind of relief you're looking for. Everything is customized and individualized based on your needs!

