

Lavender Necklace Therapy

Spine Therapy

Overview

Lavender is laid along the head, neck, and spine to encourage alignment, relieve tightness and pain, and open the entire area to life force, soothing pain and strongly promoting healing.

Therapy Tools

- One or more Lavender necklaces
- Pillows (optional)

Indications

- When you are experiencing any of the following in your spine or neck:
 - Pain
 - Injury
 - Tightness
 - Muscle strain
 - Structural misalignment
- When you wish to maintain a healthy spine
- Prior to receiving a spinal adjustment or treatment

Effects

When you place a Lavender necklace on a painful, injured, or tight spine and neck, the Lavender's energy powerfully opens a passageway from your inner dimensions, or subtle bodies, to your physical body, allowing life force to flood the entire area. This influx of life force encourages the entire spinal column, neck, and head to open, relax, and accept this healing energy. Pain is soothed and the surrounding muscles relax. If the area is suffering from any kind of misalignment, such as a structural or skeletal misalignment, the Lavender's aligning influence encourages realignment in the area. If the area is inflamed, such as from arthritis, the inflammation is eased.

Because of the vital role of the spinal column in the body's well-being, when the spine is uplifted through this therapy, life energy is able to flow through the entire body with more freedom, ease and vitality.

Procedure

1. Lie on your stomach, keeping your spine, neck, and head in a straight line. Do not twist your head to the right or left. If necessary, use pillows to support your head in the proper position. Make yourself comfortable.
2. Lay the necklace along your spine in the affected area.
3. Relax quietly for the duration of the treatment.

Time Guidelines

Perform this is a powerful, fast-acting therapy no more than once a day. The first treatment should last about 10 minutes. You can gradually increase treatment times up to 30 minutes per treatment.