Greetings! You and 1-3 friends (up to 10 in total) are invited to join us for our first Healing Spiritual Spa Weekend at The Butter Barn B & B in Waterford. 3 packages to choose from or just drop in! A perfect gift to yourself or a friend/partner to relax and heal over three days to escape the rush of the holiday season! 3 days of relaxing spa services, healing readings & energy sessions, dry & live blood analysis, meditation, drum circle, meals, accommodations, & free wi-fi. Many unique gift ideas such as orgonite pyramids, crystal jewelry, beaded feathers, hand blown art glass fairy orbs, witch balls and sun catchers, salt lamps, tapestries and more will also be available to purchase. Great gift to yourself or for those hard to buy for people on your list...See complete agenda below.

Drop ins are welcome Friday from 12:00pm through Sunday at 4:00pm for individually priced readings, healings, spa treatments, shopping or drum or meditation circle for a $12 admission price. See pricing at the end. However guests who opt for one of our all-inclusive packages get a great price for everything and also first priority. Note all of these services are available through [Tip Top Health Shoppe & Crystal Salt Spa](http://tiptophealthshoppe.com/) by appointment any time, just contact us.

3 packages:
Friday into Saturaday package ($509 value) but your cost just $333. What you get:

Friday into Saturday:

Lunch
45 minute AromaTouch Essential Oil Massage with Jane or Beth OR choice of 3 medicinal essential oil blends
45 minute Reflexology Treatment with Susan or Beth
45 minute intuitive healing or reading with Cathy "Starfire Woman" See below for all her healing gifts.
Essential oils 101 information session
Dinner
Drum Circle
1 night's accommodations
Breakfast Saturday
Check out by 10:00 Saturday or stay and shop or add more readings/healings at additional cost

Saturday into Sunday package (valued at $842) your cost just $533 includes:

Check in at 11:00am
Lunch
45 minute Reiki OR Shamanic Egg Cleanse with Doug or Kelley from O’Nikon:Ra Healing Centre OR 45 minute Cherokee Massage with Doug
30 minute Live OR Dry Blood Analysis with Robert from Nature’s Effect
2 45 minute Salt Treatment Gift Certificates for Tip Top Health Shoppe & Crystal Salt Spa
45 minute spiritual reading with Kathryn Louise Intuitive Medium “the Blue Hair Medium”
45 minute Reconnective Healing OR Integrated Energy Therapy with Wendy from One Spirit Energy Healing
Dinner
2 hour guided Meditation Circle with Doug
1 night's accommodation
Breakfast Sunday
Morning Meditation with Cathy “Starfire Woman”
45 minute intuitive healing or reading with Cathy "Starfire Woman" (see below for choices)
Closing Smudge & Blessing with Cathy “Starfire Woman”

The whole weekend 3 days/2 nights is best value and includes accomodations both nights, 2 breakfasts, 3 lunches & 2 dinners plus all the services listed above. Individual services are valued at nearly $1,300 per person but with this special weekend deal it is just $799! Package must be prepaid with either Paypal or a credit card but debit/credit machine will be available for additional purchases/services on site. We must have at least 6 guests registered to run it, but can accommodate up to 10 in total. The 3 day package includes all of the above and is your best value for $799. See individual services pricing at the end if you want to book some but not a package.

Full agenda:

Friday December 11th:
\*10:30 am Halotherapy Salt Treatments at Tip Top Health Shoppe & Crystal Salt Spa in Brantford. Or you can go any time Friday or Saturday when the cave is available. Or you can opt for 2 gift certificates for a Salt Treatment you can use any time in the next 60 days.

12:00pm to 6:00pm:
\*Lunch

\*45 minute DoTerra AromaTouch Aromatherapy Massage with certified practitioners Jane or Beth. The AromaTouch Technique uses 8 different essential oils and essential oil blends designed to minimize systemic stressors to autonomic balance and to support healthy emotional and physiological functions for wellbeing.” Note, if you prefer you may substitute 3 DoTerra Healing Aromatherapy Rollerballs custom made for you for a wide variety of ailments instead of the AromaTouch massage.

\*45 minute reflexology foot massage with certified practitioners Beth or Susan. Sit back and relax in a zero gravity chair and enjoy the benefits of this ancient healing & extremely relaxing Egyptian modality that dates back to 2,330 B.C.

Benefits of Reflexology
• Reduces tension and alleviates stress
• Induces relaxation
• Reduces anxiety and depression
• Improves circulation
• Helps the body remove toxins
• Increases energy
• Revitalizes and energizes the organs
• Improves lymphatic drainage
• Balances the whole system
• Reduces inflammation
• Improves all body functions
• Promotes restful sleep

\*45 minute healing session or intuitive reading (your choices below) with Indigenous Energy Healer Cathy aka "Starfire Woman". Alanq’tindeyoch’kwe, "Starfire Woman", is Lenape, Turtle Clan and an enrolled member of Six Nations of the Grand River Territories. A “Sensitive” since a young child, she is able to facilitate healing by accessing the help of Spirits and Guides, combining traditional native energy healing with various energetic healing modalities. Cathy Starfire Woman often says, “It is the person who heals themselves through their connection with Spirit via their Higher Selves. I am merely a conduit for Creator’s Healing Love.”

Choose from:

\* SHAMANIC DRUM HEALING: This is an ancient form of vibrational healing. This is an ancient form of vibrational healing. Shamanic Drum Healing is combined with Crystals to produce a profound and powerful experience. Cathy Starfire Woman is a conduit able to facilitate the healing power of Spirits and Helpers, and the Receiver’s Higher Self, to pass through the drum and the crystals, to the receiver. Under the influence of rhythmic sound, both hemispheres of the brain become entrained, promoting a sense of clarity and heightened awareness. The body, brain and nervous system are energized and transformed, yet enter into a state of deep relaxation. This state of unified whole brain functioning is called, “the awakened mind.” It is in this state that visions and healing is amplified.

\* RELATIONSHIP CORD HEALING: (aka: “Energetic Cord-cutting”) We are energetically connected by “relationship cords” to everyone we have ever known. It is vitally important that anyone who has suffered abuse of any type sever relationship cords. Healing our relationship cords can transform our lives by removing invisible blockages, negative energy and emotions, leading to a lighter and more carefree life. All relationships (including businesses) can be enhanced or transformed by healing relationship cords.

\* INTUITIVE READING/ENERGY HEALING: Intuition is defined as, “the art or faculty of knowing without a rational process.” Starfire Woman acts as a conduit for healing by the Helping Spirits, Ancestors, and Guides. Traditional native healing practices are utilized, a smudge and sacred pipe ceremony is performed. Messages from Spirit often come through, including Guides and totems.

Energy Healing is not limited to treating “specific” conditions since the focus is on the cause of the disorder. However, clients have reported improvement with back pain, headache, migraine, blood pressure issues, chronic pain, arthritis, asthma, stress, OCD, PTSD, irritable bowel syndrome, chronic fatigue, menstrual dysfunction, eating disorders, impotence, depression, emotional issues, infertility, digestive problems, insomnia, diabetes, broken bones, and addictions.

\* CRYSTAL ENERGY HEALING: Is a soothing, safe, and non-invasive alternative healing therapy with no side-effects. Beautiful crystals are strategically placed on and about the body, as Starfire Woman uses techniques to manipulate the flow of energy. Crystals can amplify, focus, direct, absorb, diffuse and transmit differing levels of energy. They carry vibrations that activate energy centers within our electromagnetic system and remove blocked energy, thus having a positive effect on our entire body systems. When balance is achieved, the physical and subtle bodies, mind, spirit, and emotions are able to innately self-correct and heal.

AURA CLEANSING, SMOOTHING AND REPAIRING: The Human Aura is an invisible electro-magnetic energy field that usually extends about three feet beyond our bodies. Blockages and tears can occur for various reasons such as stress, poor diet, abuse, exposure to EMF’s, negative life experiences, excessive alcohol and drug use. The Aura is smoothed and if necessary, repaired by manipulating the flow of energy.

CHAKRA BALANCING: There are 7 major spiritual energy centers in the body, and hundreds of minor energy points. The chakras are spinning wheels of energy, and when they are out of balance, the flow of energy is blocked, and the basic life force is affected. Individual chakras can be over-balanced or under-balanced, all in the same body. Thought processes and physical body functions can be affected, and disease can develop if chakras remain unbalanced for a length of time. By holding the intention of healing, energy blocks are removed, the chakras are balanced, and the flow of energy is improved.

\*4:00pm Essential Oils 101 Seminar with Beth on DoTerra 100% Pure Essential Oils where she will discuss the top 10 healing oils. You will also have the opportunity to purchase any of these oils by the drop (prices vary) or custom made essential oil blends for Aching Muscles, Allergies, Cold & Flu, Digestion/Belly, Focus, Bruises, Coughs/Respiratory, Natural Hand Sanitizer, Stuffy Nose etc. You can "make & take" any of them for $15 each. Or choose 3 essential oil blends instead of the AromaTouch Massage at no cost.

\*6:00pm Dinner

\*8:00pm Sacred Sound (Drum) Circle with Cathy Starfire Woman. Weather permitting if it is mild we may have this outside around a campfire but most likely this will take place in our large kitchen/dining area. We shall begin our Sacred Sound Circle, as we gather together to honour & heal Mother Earth and ourselves. Sacred Sound Circle desires to join Humanity in Ceremony to raise our vibration and strengthen our connection to all of Life through music, intention, prayer, voice, and movement. Drum experience is not necessary. All paths are welcome.

Please bring: Drums, rattles, shakers, native flutes, didgeridoos, other indigenous instruments your own refillable drinking water, a folding chair, your voice and a friend! A limited amount of instruments will be available to share.

Saturday, December 12th:

Until 10:00am Breakfast, Showers etc. Check out for those only staying Friday night only is 10:00am.

\*11:00am check in
\*12:00pm to 6:00pm healings/readings/lunch:

\*45 minute Spiritual Readings/Healings with Kathryn Louise “The Blue Hair Medium”. This may include a combination of Photo Readings (bring a photo of a loved one), Angel Cards, Tarot Cards, Oracle Cards, Channelling. Whatever is meant to come through for you will come through.

\*60 Minute Past Life Regression sessions with Kathryn are also available too (NOT included in the package) for $230. You could, if you wish, opt for a PLR instead of a reading and just pay the $140 difference. She is a certified Past Life Regression Practitioner & very gifted medium.

\*45 minute Reconnective Healing OR Integrated Energy Therapy Session with Wendy from One Spirit Energy Healing

RECONNECTIVE HEALING: Reconnective Healing is a return to an optimal state of balance. It is the result of interacting with the fully comprehensive Reconnective Healing spectrum of frequencies that consists of energy, light and information.

Reconnective Healing completely transcends traditional energy healing techniques. In Reconnective Healing we do not diagnose or treat. We simply interact with the Reconnective Healing Frequencies, bringing about healings that are often instantaneous and tend to be lifelong.

INTEGRATED ENERGY THERAPY: IET uses the violet angelic energy ray to work directly with your 12-Strand Spiritual DNA. It is a most unique and powerful therapy as it is anchored in the spiritual realm of angelic energy.

IET believes that each one of us has a precious purpose in life, our soul mission. This soul mission isn't a chore. It isn't that dreaded job that makes us nauseous when we get up in the morning. It's that job that makes us smile. It's that job that fills our hearts and minds and souls with joy. If you're familiar with Reiki, IET is a similar work, in that it balances out our energy fields, yet IET is different in that it emphasizes that emotions are delicately entwined within our mental, physical, and spiritual layers of our energy field.

IET supports you in safely and gently releasing energy patterns of your past, empowering and balancing your life in the present, and helps you to evolve. Integrated Energy Therapy (IET) as Steven used to say gets the "issues out of your tissues" for good! IET clears blockages, releasing unresolved feelings, painful memories, physical and emotional stress and trauma, self-limiting beliefs, fear, resentment that are stored in our cellular memory.

\*A 45 minute Reiki Session or Shamanic Egg Cleansing with Doug or Kelley of O’nikon:Ra Healing Centre OR a 45 minute Cherokee Massage with Doug. Note for an even more powerful experience you may also book a 45 minute Double Reiki Session with both Doug and Kelley working on you together for an additional $35 (NOT included in this package).

REIKI:
Reiki (universal energy, light & love) is an ancient hands-on healing technique. Energy automatically travels to the areas that will be most beneficial to the recipient in their healing journey. This promotes physical and emotional wellbeing. Practitioners work on each of the seven chakra areas, providing healing and relaxing energy. Practitioners assess areas of unbalance and provide added time in those areas.

SHAMANIC EGG CLEANSING:
Egg cleansings are an ancient form of shamanic healing practiced in Mesoamerica by curanderas (healers). In an Egg Cleansing or La Limpia, the shaman runs an egg over their client’s body to release energies due to illness, stress, stagnation, stuck places, trapped emotional pain and much more.

CHEROKEE MASSAGE:
This massage, which takes place fully clothed, involves a comprehensive, sophisticated bodywork system that encompasses osteopathic massage and manipulation, breath, and energy work. Central to this technique are the alternation of deep pressure and gentle rocking release. The breath is also used to reanimate the body and “draw spirit” into affected tissues. Releases trapped emotions that are held in the body causing us pain, inflammation and stiffness.

\*Live or Dry Blood Analysis with Robert. One or the other is included in your package. Live or dry each show different things. If you want both live AND dry blood analysis you can book it for an additional $40 (NOT included in your package).

Live or Dry blood analysis can reveal the underlying cause of your health condition including:
\* VITAMIN / MINERAL / DEFICIENCY
\* VIRUS / BACTERIA / PARASITES / FUNGUS / YEAST / ETC.
\*ORGAN TOXICITY / INFLAMMATION
\*FOOD OR ENVIRONMENTAL SENSITIVITIES
\*ORGAN WEAKNESS
\*FREE RADICAL DAMAGE \*CELLULAR OXYGENATION
\*HORMONAL IMBALANCE
\*CARDIO STRESS & MORE

6:00pm Dinner

\*8:00pm 2 hour New Moon Meditation with Doug

After smudging, Doug will start with a chakra opening meditation that will both relax, ground and re-energize you. Following this will be an “Ohm” chanting meditation with Tibetan Singing Bowls and chimes. Very powerful! And finally
Doug will take you on a relaxing journey, accompanied by the beautiful sound of his hand made flute. We will end with a Special Spirit Smudging Ceremony to cleanse the old month's energies out and bring in new energies for the new moon and new beginnings.

Sunday December 13th

Until 10:00am Self-Serve Breakfast, Showers etc
\*10:00am Rise & Shine Morning Meditation with Cathy Starfire Woman

\*10:30 to 3:30 Any ONE Reading or Healing with Cathy if you booked either the Saturday to Sunday package or booked the 3 day package and didn't have your session with her on Friday. Drop ins welcome as time allows.

\*Lunch

\*3:30pm Closing Smudge Ceremony with Cathy Starfire Woman

\*Unique gift will be offered for sale throughout the weekend including crystal jewelry, Orgonite Pyramids, crystals, hand-blown art glass fairy orbs, witch balls and suncatchers, tapestries, salt lamps, indigenous instruments and more. Prices vary. Cash/debit/credit card accepted.

Rooms are available on a first come, first serve basis. The small Blue Room has a double bed, sleeps 2. The large Green Room has a queen sized bed and a double futon, sleeps 2-4. The large Red Room has a queen sized bed and two twin sized beds, sleeps 2-4. Both Red & Green rooms will be used for healings during the days. Please don’t hesitate to contact me with any questions.

Brightest Blessings,

Taryn from the Butter Barn Bed and Breakfast & Tip Top Health Shoppe & Crystal Salt Spa

Individual appointments drop in pricing:

45 minute AromaTouch Massage with Jane or Beth $55

45 minute Reflexology Treatment with Susan or Beth $55

45 minute intuitive healing or reading with Cathy “Starfire Woman” $100

1-2 hour Sacred Sound Drum Circle with Cathy “Starfire Woman” $20

45 minute Reiki or Shamanic Egg Cleanse with Doug or Kelley or $90

45 minute Cherokee Massage with Doug $90

45 minute Double Reiki with both Doug & Kelley together $140

Live OR Dry Blood Analysis with Robert $50

Live AND Dry Blood Analyisis with Robert $90

4 Session Salt Treatment at Tip Top Health Shoppe & Crystal Salt Spa Gift Certificate $100

45 minute Spiritual Reading with Kathryn Louise “The Blue Hair Medium” $120

60 minute Past Life Regression with Kathryn Louise “The Blue Hair Medium” $250

45 minute Reconnective Healing or Integrated Energy Therapy with Wendy $100

2 hour New Moon Meditation Circle with Doug $35

Morning Meditation with Cathy “Starfire Woman” $25

45 minute intuitive healing or reading with Cathy “Starfire Woman” $100

Closing Smudge & Blessing Circle with Cathy “Starfire Woman” $15