



Established 1987

A straight-forward, common sense approach to the **real story** of the body, health and you.

Whether man, woman or child, young or old, you have an 'inbox' full of unread messages, congesting your body, mind and emotions, and restricting the expression of who you really know you are.

The dis-ease of the body is a simple message from you to you, from your unconscious to your conscious, requesting that you 'refresh the page' of your life so that your energies can flow uninterruptedly and be the life support system they are meant to be.

I can help you open these messages, understand them and deal with the physical problems they are creating.

I can help you notice new messages and deal with trouble spots before they take hold.

I can help you understand and meet the needs of a healthy physical body in simple, everyday ways.

I can help support you in living a full, motivated life clear of interferences you don't understand.

I can help you **"Step into your future, Today"**

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Chryssie Burgess



A very ordinary woman with extraordinary results

I have been happily self-employed within the field of Alternative and Complementary Medicine for over 25 awe-inspiring years.

I AM professionally trained in various forms of therapeutic massage, healing, energy diagnosis and balancing.

I AM a qualified, sensitive and effective teacher of adults and young children.

I AM passionate about the condition of my body, my health, my life and my soul.

I AM here for a reason.
Are you?

ISoA Registered Teacher

Working with the Universal Energy Charts can be habit-changing and life-transforming. Clear, self-help manuals and one-day workshops on dowsing and the use of these charts are available through me and the International School of Awareness.

Practices central to Bentham & Lancaster and on Lancaster University campus



"Step into your future, Today"

Dynamic Transformation
through Universal Energy Charts

Awareness Body Massage
energy palpation, diagnosis and consultation

Tsuboki Energy Balancing Massage
acupressure, reflex point & meridian stimulation

7 Body Balance
energy assessment & balance

Hot Towel Massage
for face and feet

Aromatherapy & Swedish
massage support



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The International Federation of
Professional Aromatherapists

Aromatherapy (IFPA full member)

Rhythmic and releasing body massage enhanced by the natural therapeutic properties of pure essential oils. This powerful combination is good at helping relieve general tension, stress, anxiety and many common health complaints.

Swedish Massage support

Additional firmer, focussed body massage and tapotement (Swedish percussion and pummelling movements) to specific areas of physical tension in the back and legs. Good for stiff, resistant muscles and stubborn aches and pains.



Sue Lincoln

School of Holistic Therapies

The Natural Facelift Massage

Indulgent care of the face, neck, shoulders, décolletage and head involving hot towels, masks, lotions and potions, firming facial massage, heavenly head massage plus acupressure stimulation. Deeply relaxing and yes, beautifully rejuvenating!

The Ultimate Foot Massage

Sensational relief for hard working feet and legs, involving hot towels, masks, stimulating and releasing massage, ankle mobilisation and reflex point stimulation. Helpful for poor circulation, ankle and Achilles tension, tired muscles, heavy legs and tender, sore feet.



Gentle yet deep, delicate yet invigorating

What is Tsuboki?

A lovely fusion of East and West, Tsuboki is based on the Japanese approach to massaging a small part of the body in order to influence the health of the whole person. Through gently working reflexes, acupressure points and meridians the whole body receives a discreet yet stimulating massage.

Energy Balancing Face Massage

A relaxing yet surprisingly energising facial treatment involving deep and sweeping massage movements to the neck and shoulders, detailed firming facial massage, acupressure and meridian stimulation, and light and feathery lymphatic drainage of décolletage and face.

Energy Balancing Foot Massage

This firm non-tickly massage works through manipulating, mobilising, pressing and kneading the feet, ankles and lower legs, applying firm pressure to the sole of the foot with a Japanese ridoki roller, and stimulating reflex points and meridians on feet and ankles. The light holding sequence of 'Buddha's Footprints' brings you gently back down to earth, ready to walk tall with plenty of 'get up and go'.

Energy Balancing Hand Massage

A delightful journey through relaxation to deep repose and back again. This massage moves from warming of the shoulders, arms and hands, to thorough massage of hands and fingers, wrist mobilisation, acupressure stimulation and meridian tracing. Helpful for repetitive hand/arm activity, arthritic conditions and general upper body tension.



International School of Awareness

The 7 Bodies

Physical, Energy, Emotion, Mind,
Spirit, Soul, Divine



The Universal Energy Charts

A series of amazing charts containing a wealth of information to help human beings balance the needs of the soul and its natural evolution with the often confining demands of physical existence.

UEC Consultations

I sense and dowse on the charts to help you find the source of a problem on any of the seven Bodies. By acknowledging the source, you can find what is feeding the problem, diminish its hold and cut the link. Thus you literally dis-empower the problem and change the outcome.

Awareness Body Massage

A clothed or unclothed body palpation treatment determining blocked or diverted energy flows, helping you understand the 'why?', release the hurt, and bring balance back to body, mind and soul. Tools and techniques for looking after your own energy systems come as an all-inclusive part of this self-help package.

7 Body Balance

A standing or seated energy balance, involving an interpretation of your chakra activity, along with any guidance needed for you to bring balance back to your life as it is now.