

**About
Tonya Steinborn, n.d., CSRT**



Tonya's healing journey began when she suffered serious health problems at age 13. These health issues lead to chronic infections, weakened immune system, drastic weight gain, and other illnesses. Medical doctors were puzzled and unable to find the root cause of her failing health. Her mother, in desperation, took her to a naturopathic clinic in Montana. It was there that she was put on a cleansing and detoxification program which included acupuncture, magnetic therapy, herbs and vitamins and other natural remedies. Within a year, she lost 100 pounds, regained her health, and once again, returned to being a happy and energetic teenager.

Tonya's personal experience sparked many years of dedication in helping others find their way back to optimal health with natural therapies. She is certified in many healing modalities and continues to expand her knowledge to better serve her clients. *She is the first certified teacher in North America to instruct Crystal Sonic Rejuvenation™ classes and is presently studying to become a certified Iridologist.*



**Earth Elemental Natural Therapies
Offices in Saint John & Sussex, NB
(506) 567-9942
eent.ca**

EENT.ca

Relax. Renew.

Earth Elemental Natural Therapies (EENT) offers you a care-free oasis where you can leave your worries behind. Our natural therapies are a fusion of ancient healing systems and contemporary bioenergetic research that will leave you blissfully relaxed, renewed and rejuvenated.

EENT's therapies are tailored to an individual's specific needs and goals by using practical integral models of healing. Our therapeutic space supports a safe, gentle and nurturing environment which clients often refer to as "coming home".

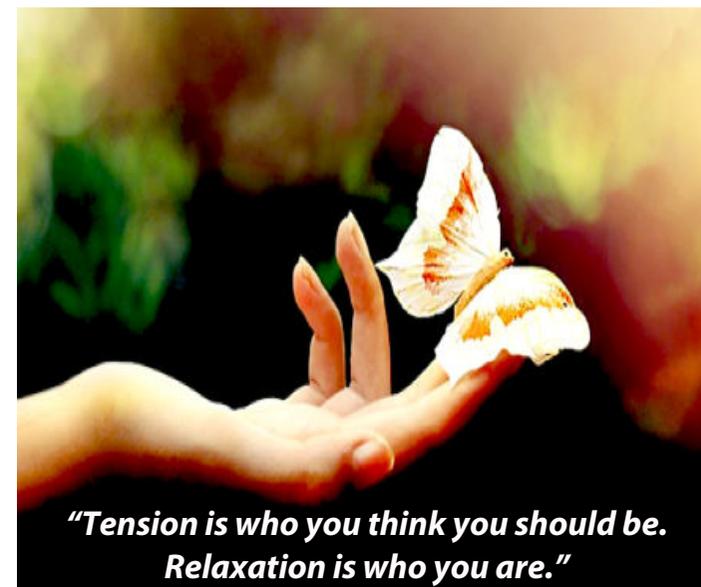
EENT's services are skillfully practiced by a caring certified practitioner and registered member of the Alliance Professional for Naturopaths and Naturotherapists.

**Treatments are covered under Naturopathic Care
in most health insurance plans.**



**Earth Elemental
Natural Therapies**
for relaxation & stress reduction

**with
Tonya Steinborn, n.d., CSRT**



***"Tension is who you think you should be.
Relaxation is who you are."***

Relax. Renew.

weight issues	anti-aging	hypertension
anxiety	worrying	headaches
insomnia	fatigue	other conditions

Treatments

Crystal Sonic Rejuvenation™

Crystal Sonic Rejuvenation™ is a groundbreaking treatment that can have profound effects on mind, body and spirit. It's considered to be the *natural alternative to Botox!* - without serious or dangerous side-effects.

The body itself will experience an overall sense of renewal and well-being. The face as well as the whole body can look and feel younger. By removing energy blockages and sending healing energies through the body, this treatment brings back life force, harmony and a youthful glow.

The powerful tools of ancient Chinese acupressure techniques and principles, sound healing and crystals are used during the 90-minute session. In addition, gentle acupressure massage on the points of the face, feet or hands make Crystal Sonic Rejuvenation™ a blissful and a deeply relaxing experience.



Ayurvedic Indian Head Massage

Ayurvedic Indian Head Massage is a popular therapeutic massage of the head, neck, shoulders and face. This relaxing massage has been practiced in ancient India for over 5000 years. Ayurvedic Head Massage is excellent for relieving stress or tension and fosters relaxation, as well as many other soothing benefits. It improves circulation, enhances the senses and boosts clear thinking.

Reflexology & Reiki

Reflexology utilizes reflex points in the feet that correspond to every part, gland and organ of the body. By applying pressure on these reflexes, reflexology relieves tension, improves circulation and reactivates the related areas of the body. Using the body's innate wisdom and acupressure points as a guide, reflexology allows release on both a physical and emotional level.

Reiki is a light touch and energy-based modality that helps realign normal energy flow throughout the body system and heightens its ability to heal itself. Reiki is a safe and effective treatment that's excellent on its own or complimentary to other treatments.



Subtle Body Sound Healing

This treatment uses tuning forks that are specifically designed for the seven major chakra energy centers. Chakras are gateways for the flow of energy and life force into our physical bodies. These energy centers govern and stimulate our organs, glands and body system. When a chakra center is distressed it has a significant impact on our entire body and energy systems.

Subtle Body Sound Healing balances these centers and helps provide a great deal of physical, emotional and psychological healing. Harmonizing chakra frequencies brings inner peace and vitality.

The Centers for Disease Control (CDC) estimates that up to 90% of all visits to the doctor are stress-related.



Other Services

Individualized Plans
Naturopathic Consultations
Crystal Sonic Rejuvenation™
Certification
Workshops & Events
Natural Wellness Products



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for Relaxation and Stress Reduction