

What if you could take more control  
over your health and feel happier,  
healthier and more alive - every day ?

May I share my knowledge  
and expertise with you  
and guide you on your path  
to health, happiness and wellbeing !



**Dorothea Bassett**  
Registered specialized  
Kinesiology practitioner (Dipl)

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Find me on Facebook , Natural Therapy pages  
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*Live  
and  
Learn!*



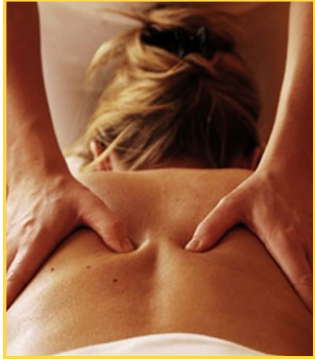
**Registered specialized  
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Health & Wellness Coach

**Young Living essential oils**

**Distributor #12842411**

## Deep Tissue Massage



This massage focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the muscles, tendons and fascia. It helps to release toxins from the muscles and improves the oxygen circulation. Because many toxins are released, it is very important to drink plenty of water after a deep tissue massage to help with the elimination process. **A careful selection of 100% therapeutic grade essential oils** from Young Living are employed to enhance the overall effect .

## Reflexology

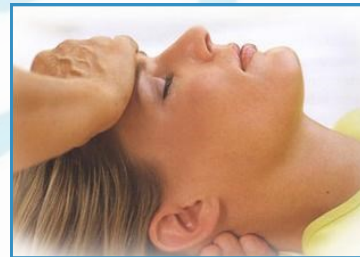
Reflexology is based on the principle that congestion or tension in any part of the foot mirrors stress or tension in a corresponding part of the body. These areas of the foot, called reflex areas, are massaged with gentle pressure to improve circulation and energy-flow. It can be used to treat menopausal symptoms, migraines, PMS, digestive disorders, asthma and many other ailments. After a special “ **Raindrop technique** “ session, you will become aware of the positive effects as toxins are released from the congested systems and eliminated. You will feel rejuvenated and refreshed!



## Kinesiology

**Kinesiology is a system of natural healthcare, which combines muscle monitoring with the principles of Eastern medicine to assess energy flow and body function. It applies a range of gentle yet powerful healing techniques to help you improve health, wellbeing and vitality by balancing the structural, emotional and biochemical aspects of the body.** I am a fully qualified Diploma Kinesiologist and have been working within this field for over 30 years. I specialise in **Touch for Health®** Kinesiology and **Edu-K®/Brain-Gym®**. If you are experiencing mental, emotional or physical challenges, I can help you to find the confidence and clarity needed to achieve a higher level of health and wellbeing. **You may also register at one of my many regular workshops and classes.**

**Become self empowered!**



## Aromatherapy

**Essential oils, known as universally as nature’s pure living essence.** They are the natural, aromatic volatile liquids found in shrubs, flowers, trees and seeds. **A very special Aromatherapy treatment is called RAINDROP MASSAGE.** It very powerfully promotes cellular repair and regeneration as well as the detoxification and oxygenation of all tissues. A selection out of 150 essential oils are offered & used. **Together we will find the best essential oils for you - for your physical, mental and emotional wellbeing .**

## Move with Grace and Balance Program

This special program helps Seniors from sixty onwards to gain more agility, strength and alertness, and thus stay fit, flexible and mentally sharp.

The “**Move with Grace and Balance**” program focuses on our ability to train our senses – especially our natural ability of seeing, hearing and moving. It helps prevent falls, it enhances cognitive skills and improves the quality of life for all participants. Methods include strengthening exercises for the lower body, balance exercises and integrative, fun activities, that progressively challenge the participant’s balance and brain functions in a safe environment. Contact me to find out more!

**I would love to present a free introductory talk on the subject at your local library or Independent Living village! I am regularly teaching this class - also online.** Look it up on my website!

