

Alternative Healing

Truth or Consequences historically has been a place for rest and reflection. Ageless wisdom reminds us that healing is from within. Truth or Consequences provides hot springs and complementary health care practitioners to assist you.

Well-known as a spa town, Truth or Consequences abounds with opportunities for healthy living. Clean air, sunshine, and a mild climate combine with a low-stress lifestyle to promote total relaxation and rejuvenation. Add to that the wide variety of spas offering healing hot mineral water. Many of them also offer additional services like massage therapy, reflexology, facials and hot rock treatments.

Complementary health care practitioners are always ready and willing to share their healing and treatment skills. Their talents include such modalities as: chiropractic, yoga and Tai Chi, reflexologists, Reiki, massage, hypnotherapists, acupuncturists, aromatherapists, herbalists, magnetic therapists, rebirthers, mind-body relaxation, nutritionists and light therapists. Other pathways to healing are offered at health food stores and farmers markets. Vendors offer locally grown organic produce as well as tinctures and balms specially made from organically grown herbs. All of these are offered to you from the heart, with caring and love.

Wherever you are in life, there are many things you can do to enhance your life and to inspire your evolution to a healthier well-being.

Let the magical healing energy of Sierra County transform you and rejuvenate your spirit!

For more information:

www.spa-town.com



Exercise balls



Reflexology treatment



Reiki treatment



Massage



Yoga