

Open for Business

Open Gate Relaxation Therapy

by Jane Wood

Georgine Matichuk offers *The Open Gate Relaxation Therapy* at her home office, 101 Bennett, Napanoch. Her method, Burnham Systems Rejuvenation, is a type of reflexology, an energy touch sequence and configuration that renews and revives integrated communication between glands and nerves of the head, neck, face, and shoulders. Warm herbal compresses, oils, essences, as well as music, are part of each Rejuvenation session.



Ms. Matichuk (photo, left) is certified in this form of therapy.

The treatment, like acupuncture and acupressure, is based in part on eastern philosophies and methods of healing focussing on the energy field of the human body, which seek to integrate the physical, emotional, and spiritual aspects of wellness. These systems help the practitioner to facilitate the client to open the energy pathways for healing. Many people have described ex-

periencing relief from pain, stress, and anxiety through these practices.

In a trial session, this reporter found the whole experience to be a restful and soothing one. Ms. Matichuk began with talk over herbal tea to get to know the client better. She had a gentle touch, and the herbal wraps, oils, and quiet music all contributed to a peaceful therapeutic effect.

Ms. Matichuk is available to do single, couple, or group sessions. She also conducts Meditation study groups for adults, teens, and children. Phone 647-9363. ✨

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