

PSYCH-K®

A new therapy offering helping you feel more connected
to your body and soul



More Energy Less stress

by Yasmina Ienahan

“Even with the pandemic challenges, my enthusiasm to wake at dawn never fades. Knowing how important it is to include my needs with the needs of others”

What a lovely statement from PSYCH-K facilitator Tanya O' Connor who works at The Buff Day Spa, Dublin. Who wouldn't love to wake up daily full of enthusiasm? These last few months have been challenging emotionally and physically for many. With a complete lifestyle upheaval and so much change in our daily routines, sometimes negative and unsupportive thoughts can creep in and stay with us, often longer than we care for. We've had time during this lockdown to take a closer look at our own wellbeing and self-care practices. For some it has helped to reflect and make positive healthier lifestyle changes.

When I was asked had I heard of 'PSYCH- K' before, I must admit I hadn't. I was curious to learn more and so I booked a consultation with Tanya. After a lovely virtual consultation, I learnt more about PSYCH-K, how to change negative thoughts and beliefs into positive ones. The session focused on 'the now' and our heart desires.

In a very gently, unintrusive way, 'PSYCH- K' helps to rewire the brain as such by letting go of limiting beliefs and introducing more supportive thoughts.

To help keep connected with regular clients, The Buff Day Spa, Dublin, have been offering PSYCH-K as a treatment since January of this year. It has proven to be a very popular virtual service. It's no wonder people are feeling quite disconnected lately. We all found ourselves moving online for communication with work and socially for family and friends. We're all craving real conversations and hugs. During these times when our mental health has been under a lot of strain, PSYCH-K can offer an opportunity to tap back into your heart desires.

This is a welcoming service. For many we've lost sight of all the things we love to do which help give our lives more meaning and a sense of connection. It also helps The Buff Day Spa do what they love, reaching out to clients to offer some nourishing much needed self-care time. The juggle at the moment for many is very real.

Tanya explains;

'My sessions will help you eliminate stress and enjoy your time. PSYCH-K energy psychology empowers you to better understand what is happening in your life.'

Tanya will help you to identify and transform negative beliefs or a situation. I use muscle testing a holistic health process to pinpoint energy blockages or true/false beliefs in the body. She further explains a belief is 'energy'. and this energy form can be changed rather quickly through various processes including PSYCH-K.

Using the feedback gathered from testing, as a facilitator I can determine the proper energy therapy to use specifically for you".

What happens during a session?

After a gorgeous virtual consultation with Tanya, I learnt more about PSYCH-K. I found it to be a truly grounding, calming experience. It was also quite a profound session as you are connecting with your emotions and desires and beliefs on a deep level which can cause sometimes an unsettling feeling or resistance. I felt an open mind and open-heart approach helped.

My session was booked via zoom for an hour consultation. Tanya made me feel at ease and safe and there was a simple check in to how I was feeling. The virtual therapy room was very welcoming with soothing ambient lighting. My mind drifted to how I was missing therapy treatments so much! Through some invigorating movement my brain felt more alert and I felt tension being released. We then proceeded with some questions and muscle testing. As a therapist, I have an understanding of how these activities can help you to be more in touch with the emotional and the logical side of the brain. When stimulated it can help to make you more receptive to this learning. It was interesting to see which side felt more dominant! We worked together on a 'new belief statement' to let go of an old one, some energy techniques were used to reinforce this new belief.

A calm restored state



Tanya explains:

“As a facilitator I apply gentle pressure to the muscular system on your behalf working remotely (online) or in person by using muscle testing. This is effective online you will feel the shifts and feel the body slow down from overworking to a calm restored state”.



After these energy techniques, I certainly did feel a lovely sense of calm. With an affirmation to to practice daily and some exercises to reinforce the new belief, I'm feeling more at ease with everything.

After a year of upheaval for many we are slowly starting to breathe again. It's going to take time to readjust and to shed all these layers of tension this pandemic has caused. There is a hunger to connect back to self-care routines and of course we're all carving human connection.

Many are feeling disconnected and also less sociable. This is not surprising as touch connection, hugging and massaging all help to release feel good hormones such as endorphins and oxytocin in the body.

Spa visits for many have certainly been missed. They offer that all important 'Touch' therapy connection that helps us feel safe, relaxed, nurtured and healthier. That gorgeous blissful lighter feeling when you walk out of a Spa.

The French physician Leboyer once said;

"Being touched and caressed, being massaged, is food for the infant; food as necessary as minerals, vitamins, and proteins"

Leboyer

Huge Demand for 'Hands on Treatments'



As adults we teach our children to be gentle and caring and we express our love through hugs and gently touch and kind words. As adults, it is just as important to have touch connection in our lives. Spas offer this in abundance, helping us to connect deeply with our senses and importantly helping us to unwind through their many treatments of hands on therapy and beauty pampering.

The Buff Day Spa reopening

When Irish Spas reopened nationwide temporarily back in July 2020, they saw a huge surge in hands-on Massage treatments. Clients at The Buff Day Spa felt safe with all the safety precautions in place and were talked through what to expect when they booked an appointment.

Eileen Fleming, Director of The Buff Day Spa said it was their most popular treatment and explained;

'With a lot of people having made the switch to working from home, along with the added stress of the lockdown, we had a lot of clients with sore backs and tense muscles. Massage has been shown to significantly reduce stress on a physical and psychological level and clients often report feeling lighter when leaving'

Eileen adds;

"Tanya has such an important role within the spa, especially now more than ever. Unfortunately, the lockdowns have put a strain on people's mental health. And with all this extra time to think, people are now prioritising their mental health and are more open than ever to holistic/alternative therapies. People want to take back control and this is where Tanya comes in. Tanya can tap into your subconscious mind where your negative beliefs are stored and she can help undo them and replace them with positive, encouraging beliefs instead. The best part is that these sessions are online so people don't need to worry about travelling. This has been such a great addition to our treatment list, as client's can attend these sessions in-between their treatments in the spa".

It's clearly visibly that Tanya is passionate about her work and she radiates good health and happiness. She trained in Sedona Arizona with Rob Williams and is also trained in other therapies. PSYCH-K had a powerful positive impact on her own life. Tanya was attracted to it in the first place by the 'high speed ability PSYCH-K provided to change negative beliefs using ancient and modern up to date technology'. She feels it helps you.

'return to your own vastness'

'Tanya really has amazing intuitive and empathic skills. I had two amazing breakthroughs during the session and it was the most freeing experience I've ever had. I know what I need to focus on now and she has been the most wonderful guide in getting me there'

Mary Whelan

See you very soon!



To Book a session with Tanya today you can contact The Buff Day Spa directly [here](#).

The Buff Day Spa are really looking forward to welcoming back clients old and new when they open their doors again on May 10th. Whilst they are delighted to offer online treatments, they are ready now for in-person treatments in their Spa which is located beside the Gaiety Theatre. It offers a cocoon of tranquility and a space to rest.

We can all look forward to some nourishing pampering care with a Spa visit combined with a visit to town, soon!



*If you would like to start planning your visit to
The Buff Day Spa,
you can view the Treatment menu [here](#)*

Don't leave it too late to book!