



**SIMONE SWIMMER**  
**Healing Practitioner**  
**SERVICES**

**Iridology**

Certified by the Iridologist Association of Canada

**Nutritional Counselling**

Certified by Packard School of Nutrition, ON, Canada

**Supervised Fasting**

**Spiritual Counselling**

B.A in Psychology, majoring in Spiritual and Religious Studies

**Energy Healing Work**

Barbara Brennan School of Healing, New York

**Yoga Instruction**

Certified by the International Sivananda Yoga Vedanta Center, California

**Thai Massage**

Certified by the Changmai Nature Traditional Thai Massage, Thailand

**Light Therapy**

**Owner of Honeycombe Botanicals**



**F E E S**

\$100 per hour for all services.

A sliding scale is offered for those in need.

**A P P O I N T M E N T S**

Book an appointment by phoning

Simone's office at

**(416) 657-2455**

Or by e-mail:

[simone@honeycombebotanicals.com](mailto:simone@honeycombebotanicals.com)

Please allow 24 hours to cancel or change an appointment.

**Honeycombe Botanicals retail outlet**

Saturday 9-1 p.m. at the Village Market.

It's located at the Waldorf School

(off Bathurst, 1 right north of Highway 7).

For more information on our products

visit our web site at

[www.honeycombebotanicals.com](http://www.honeycombebotanicals.com)

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HOLISTIC HEALTH SERVICES



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# holistic

## Iridology Examination and Nutritional Counselling



Iridology is an accurate, non-invasive, painless and preventative system of health analysis through the examination of the iris. Known as the “windows of the soul,” the eyes mirror the state of health of the tissues and organs of the body. The iris can

reveal inherited weaknesses, acquired weaknesses, toxicity levels, acidity levels and congestion in the tissues. The main advantage of iridology is that changes appear in the iris BEFORE symptoms appear in the body, so preventative action may be taken. Iridology not concerned with merely alleviating symptoms, but with the restoration and maintenance of health through building the patients immunity and life force. Nutritional Counselling is given with each iridology exam. Each person has individual needs and requires specific nutritional advice, according to the results of the iridology examination.

## Nutritional Counselling



Each person has individual needs and requires specific nutritional advice. A basic education in nutrition is given so you may learn about the benefits of all the different food groups and their effects upon the body. You may wish to elect to take a guided educational trip to the health food store, or be given cooking demonstrations in your home.

## Fasting



Fasting is the most ancient and effective healing method known to humankind. Supervised fasting is offered for fasts of up to 2 weeks. I give program recommendations, provide juicing recipes,

nutritional and supplemental advice, as well as motivational support.

## Spiritual Counselling



I provide gentle, honest and respectful counselling for those who wish to increase their self awareness and self-esteem, and for those wishing to discover their life purpose. Together we explore your soul's journey through examining your personal archetypal patterns and how these offer many revealing insights. Achieve greater clarity, balance, energy and joy.

## Energy Healing Work



assists in helping you experience a profound connection with your core. Each session is one hour.

A lack of flow in the human energy system can lead to disease. In my energy healing sessions, I clear and balance your energy fields and help to align your intent to heal with your creative force. I also direct healing energies into your energy system. The session

## Yoga Instruction



friends together for semi-private instruction. Classes are one and a half hours in length.

Private and group instruction in Hatha Yoga for all ages and body types. Emphasis is on breathing, relaxation and postures. Yoga can improve muscle tone, flexibility, strength and stamina. It can reduce stress and tension, improve concentration and creativity, stimulate the immune system, improve your circulation, help you lose weight and boost self-esteem. Get three of your



## Traditional Thai Massage

Traditional Thai Massage is an extraordinary 2,500-year-old healing arts system based in Ayurvedic medicine, Buddhist spiritual practice and yoga. It's done comfortably clothed on a floor mat. Deeply therapeutic, fluid and med-

itative, Thai Massage relaxes, refreshes and revitalizes. Thai massage is a combination of gentle rocking, range of motion, acupressure, reflexology, energy work and stretching – a form of passive yoga. Joints are loosened and opened through manipulation and peripheral stimulation, muscles are stretched, internal organs are toned, vitality is increased and a deep state of relaxation can be achieved.

These movements help to increase flexibility, relieve muscle and joint tension and balance the body's energy system. One or two hour sessions available.

## Light Therapy



This healing tool provides natural, coloured light, which is absorbed by the body for revitalization. Specific colour frequencies are used to stimulate cellular communication. Colour is extremely effective in healing as it re-establishes your optimal frequency

when you have too much or too little energetic vibration in your body. Children respond very well to treatment. Treatments are 20 to 30 minutes long.

## Honeycombe Botanicals



Honeycombe Botanicals offers organic bee products and herbal medicines. We have FRESH, raw and unprocessed bee pollen, propolis and wildflower honey. It's among the best in the world, because our bees collect their produce in a wild and pristine northern environment, that's free of agriculture and

chemical sprays.

We're also famous for our luscious bee creams, masks and lip balms. We design and craft twenty-five different styles of pure beeswax candles.

Honeycombe Botanicals makes herbal medicines and oils prepared according to “The Wise Woman Tradition,” for cleansing the liver and the kidneys, ridding the body of parasites, and for depression and anxiety management.

# health