

Hi, I'm Mary Lou - Yogini, Energy Worker,
lover of cats & warm weather.

It is my sincere intention to help you create
health, happiness & well-being in your life
through the healing modalities of
energy work.



The Scented Path is located inside
Santee Wellness Center

1253 N. Vine Street, #10
Los Angeles, CA 90038

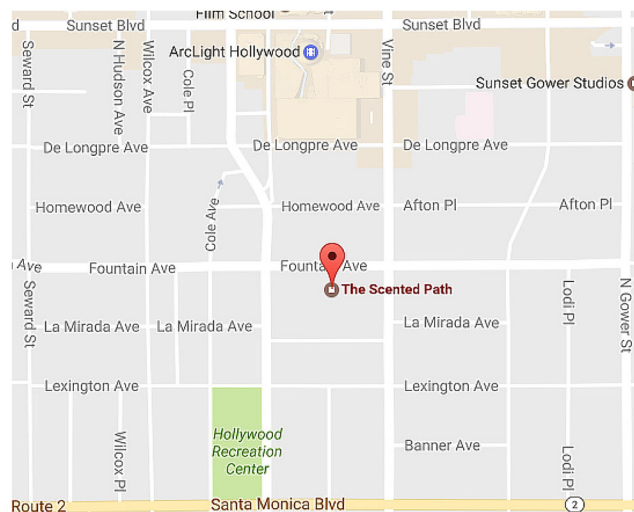
323-455-4317

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thescentedpath.com

Hours: Mon - Sat, 10am - 5pm

By Appointment Only



The Scented Path

Reiki * Reflexology
Chakra Balancing * Meditation
Yoga * Aromatherapy



Powerful Yet Gentle
Energy Healing

Reiki

Reiki is a Japanese energy balancing technique that is administered by placing hands on the body's energy centers. Reiki works with your body's own intuitive wisdom to release energetic imbalances and restore well-being.

Reflexology

Reflexology is the application of firm yet gentle pressure to the reflexes on the bottom of the feet. Reflexology is a natural approach to treating your body that promotes balance, reduces tension, revitalizes and brings your whole system into harmony. Reflexology has been practiced around the world for many thousands of years and has been traced back to Africa, China, Egypt, India and Japan.



Chakra Balancing

Chakra Balancing activates, clears and balances the chakra system to help strengthen and release stuck energy in these areas.

Guided Meditation

Meditation calms and relaxes the mind. A relaxed mind reduces knee-jerk reactions and allows healthier decision making.

Yoga

The practice of yoga unifies the Mind, Body and Spirit for overall well-being. Private yoga instruction is a great way for beginners to learn and grow their practice at their own pace and comfort level.

Aromatherapy

Aromatherapy is the utilization of essential oils to balance and harmonize the health of your system and enhances your body's inherent healing process.

Benefits of Energy Work

- Encourages Relaxation
- Restores Energetic Balance
- Relieves Pain
- Promotes Healing
- Improves Circulation
- Aids in Detoxification
- Energizes the Body
- Boosts Metabolism
- Happy Healthy You

