

More Than Skin Deep

by Kim Flear, Toronto



Within moments of entering Rose's wellness room, I knew I was in for more than just a facial. I first met Rose Lortie at a well-regarded spa on Avenue Rd. She came highly recommended to me, and I thought I was just going in for a facial and a peel. What happened during the facial was an experience I won't soon forget. I noticed that she had a Reiki Master diploma on the wall. When I asked Rose about it, she told me she is an Usui Reiki Lineage Master. As we spoke further, I learned that she is a healer, and uses various tools and techniques to balance people's energy, aid in their spiritual growth, and heal old wounds. She tells me that she comes from both Cree and Ojibway backgrounds, and believes that this is where her intuition and gifts comes from. Rose explained that from an early age, she felt connections to her surroundings. She remembers a distinct moment looking up at the sky and knowing there is a power beyond our awareness. She asked me if I would like her to work on my energy field while I had the mask on. I thought, why not. Rose then used what are called Solfeggio tuning forks. I absolutely loved it. The overwhelming sense of calm I felt was very surprising to me. I had to know more. To my great delight, Rose told me that she would be opening her own healing space, and that I should come by. And I did.

Rose Lortie now works out of a wellness centre called **Life Sense on Coxwell Ave.** She greets you warmly, and invites you to come into her room to relax

and unwind. She offers you one of her many herbal teas, while you take in the soothing scents of sage and incense. This alone is incredibly calming. Rose prepares the room before any of her clients come so they may have the most relaxing and positive experience possible. Believe me, whatever she does, works. There are several skin treatments to choose from. I personally **LOVE** a deep cleansing, followed by a facial peel. The feeling is so fresh and the glow of your skin is impossible to miss. Next, get ready to glow on the inside. While you are relaxing with your mask, Rose uses her incredible intuition and experience to energetically raise your vibration and balance your chakras. There are various healing techniques that Rose may use. One, which are a personal favourite, are the tuning forks. These are specifically designed to balance your energy and put you in a complete state of relaxation. Once your energy field is in that state, your body is able to heal on so many other levels. Another tool that Rose uses is a zero-point Amega Wand. With this wand, Rose is able to bring your body

back to a point of homeostasis, which is like bringing you back to your original blueprint. This combination of glowing from the inside-out is something I find truly unique, and very rewarding.

Perhaps you just would like a facial treatment alone, a consultation, or are simply interested in the various healing techniques in which Rose has been gifted and trained. We all deserve to feel great. Indulge yourself, and open your mind to exploring ways in which you can feel truly peaceful. Believe me, you will be glad you went.

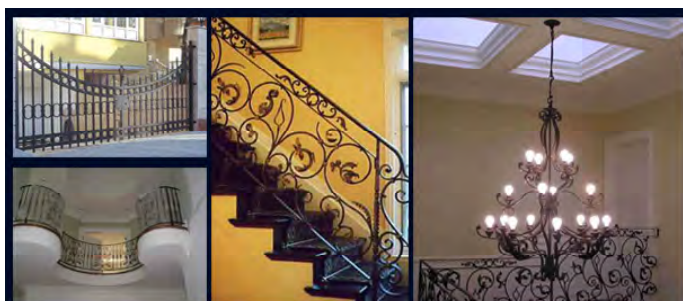
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