



Nikkoly Stanley

B.A. Education

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Really Live Wellness, LLC List of Services

Service Name: Quantum Biofeedback

Service Cost: \$120 for initial 2 hour session \$75 for 1 hour and 15 minute session

Description: This is the ultimate in stress reduction for the mind, body, and spirit. It is an energetic and holistic approach to a person. Using frequencies sent via waveforms to the brain and throughout the body can help your mind, body, and spirit harmonize, vocalize, optimize, and actualize. You will learn techniques to help you reduce stress when you are not in biofeedback to gain more control over your own thoughts, body function, and actions. This all happens while you are in a relaxed state and with grace and ease and with your permission. If you have never experienced this, now is the time. One session is spectacular, but depending on what you need to bring balance back into your life and your unique situation you may need 6 or more sessions. Often clients use biofeedback as one of their tools in the wellness tool belt.

Service Name: Trinity of Synergy

Service Cost: \$95 for 1 hour and 30 minute session

Description: This trio of biofeedback, essential oils, and the CGAM Body Charger bring energetic training to a whole new level. If you are already a biofeedback client this is a real treat. The frequencies from biofeedback, the oils, and the Body Charger work in a very dynamic and powerful way to energize the body.

Service Name: Essential Oils Wellness Consult

Service Cost: Free 1 hour consult

Description: We will go over a Wellness Plan to discover what areas you would like to target and which oils might best meet your particular wellness goals.

Service Name: Essential Oil Classes

Service Cost: Fees vary and are often free of charge

Description: Attending a workshop or class about how to use essential oils to support healthy mood, immune function, inflammation cycles, toxic insult, and stress management can potentially change your whole life. My mission is to teach people how to use essential oils to achieve their wellness goals. Bring people with you and learn together. The more support the more likely it is you will achieve your goals. These classes are often hosted by myself or other Wellness Advocates. Dates, times, and location are posted on my website and Facebook Really Live! Page

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Service Name: Silver Skin Veil

Service cost: \$95 for 1.5 hour session that targets the skin and digestive system or \$45 as an add on during your regular biofeedback session with an emphasis on the skin.

Description: The Silver Skin Veil is an incredible attachment to the biofeedback device that delivers frequencies directly to the area it covers. For those of you stressed about increased wrinkles, blemishes, or other skin issues this would be a great service to try. Come in with a face free of makeup and bring in your favorite repair skin lotion or try my favorite skin lotion by Lifevantage that opens the Nrf2 pathway to allow greater stress reduction to the skin. I suggest 6 sessions for optimal results. We can also use this attachment to address stress caused by aches and pains.

Service Name: Cryxon Light Training

Service Cost: \$25 as an add on to your already scheduled biofeedback session.

Description: Cryxon Light Training combines light, color, and crystal training in one to reduce stress to the body and support healthy systems and optimal function and wellness. This is a fantastic adjunct to biofeedback and can increase the effectiveness of your stress reduction session.

Service Name: Digitized Water

Service Cost: \$10 add on to your already scheduled biofeedback session

Description: You bring in your own water in either a stainless steel or plastic bottle. You place this on the tray of the biofeedback device during your session and I place a probe in the water in order to digitize the frequencies from your session into your water. You pick it up off the tray and take it home and drink throughout the week to continue to support and hold your session.