



EXPERTISE

Reflexologist, Usui Reiki Master, Reconnective Healing™ Practitioner, Access Consciousness Bars™ Practitioner, and Holistic Metamorphosis® Level 1

INTRODUCTION

Making people happy is my goal. My purpose in life is to help people find their inner strengths and confidence to heal and to live their lives to the fullest. I offer these holistic approaches to heal your mind, body, and spirit.

OTHER ENDEAVORS:

I host a free monthly healing circle in New Market the last Wednesday of the month where Reiki, Reflexology, and Reconnective Healing are offered.

I volunteer Reiki at the Frederick Memorial Hospital Cancer Center.

SERVICES OFFERED

- Reflexology
- Access Consciousness Bars™
- Holistic Metamorphosis® Level 1
- Reiki Practitioner
- Reconnective Healing™

MAKE AN APPOINTMENT

Email Address: info@nourishing-journey.com

Phone: 410-992-3001

TESTIMONIALS

"Absolutely wonderful reflexology! Thank you Lorett, you are amazing!"

"It was my first reflexology experience. Lorett was awesome! I would absolutely recommend to everyone!!!!"

"Lorett was very friendly and kind!"

"Have not slept good in, I don't remember when."

"Lorett Chan – Excellent customer service! Highly Recommend."

"Dear Lorett, my experience was pleasant and I am still reaping the benefit of the Ionic Footbath. I was in desperately in need of one, too. I ate wheat and did not

break out, although, I know this is something I need to eat sparingly, but every now and again I like spaghetti and many other things made of wheat."

"I am looking forward to returning again."

"Great customer service. Highly recommend Lorett."

"I come to Lorett with feelings of overwhelming sadness that I couldn't seem to move past from my recent experience with a group of strangers. Lorett helped me to release those tensions and negativity and guided me the better understanding of how I reacted to the negative attacks. This brought me to an awareness of the power of faith. A real awareness, not just the faith that I have always said I had in God, that being one that was there, but without any real depth of understanding. And awareness came that there are God's angels with me always and therefore, I can call upon their strength when I feel mine faltering. The faith that that is protection, strength and love in abundance that can outweigh the outside influences if only I believe and ask."

"I feel more connected today, but differently. I feel like I am wiser, but I don't know how. I feel so much more at peace and as I prepare for work today, I am doing so with a sense of calm, not the usual urgency ... that in itself is a HUGE change."

"I cannot tell you what a gift it has been to meet you, know you and be trained by you. I know it was a gift from God that we met. I do believe that our connection really, really assisted me in staying strong, faith filled, and at peace."

"I am grateful for the time I had with you and you helped [my daughter] better than I could. As you said sometimes people are meant to meet for a purpose and without your encouraging wisdom display of Courage [she] would not have had that role model you presented to her to pursue goals without fear."

"Good experience with reflexology. Very relaxing and enjoyable."