

Optimizing physical health means to continually improve one's physical well-being, even in the absence of illness.

*"Energy work is not religious; it is a spiritual experience  
its from a divine source"*

*-Leticia Solis-*



welcome  
RELAXATION  
NATURAL HEALING CENTER

Leticia Solis, lovingly called Tish by her clients, friends, and associates, is a Reiki master. She is a free spirit who enjoys life's adventures to the fullest. One of her adventures led her to experience jumping into a lagoon at night without caring about the mysteries that may lie in the lagoon; until after the jump. Tish is a healer by profession and nature. Although she did not consider herself a healer until later in life, she accepted her spiritual healing skills after going to massage school, where her energy contributed to healing others.

Tish was not aware of her ability to use energy to heal others until a client pointed it out to her and so began her journey to becoming the healer she is today. Her personal belief is to call on divine sources such as angels, guides and guardians of the recipients to guide her through the healing session. However, if a client has or prefers a different divine source to be present, she is more than happy and willing to invite that energy in to create the safest space possible for the client. Tish always uses divine source as the source of her healing sessions, so if you do not practice or believe in the positive works surrounding divine light, she is not the healer for you. .

When you seek services from Tish at Welcome Relaxation, a casual conversation allows Tish to identify your needs, which are assessed in terms of your requests and what is beneficial to your health. Ultimately, what happens during the session is your decision. Communication is a large part of her practice so during your initial session she periodically checks in with you. Tish understands that when a person feels comfortable, they can relax and trust in the process more. When her client is in a peaceful state, they are more receptive to the healing which amplifying the benefits of the session.

Tish's definition of success is when you feel centered and grounded. She hopes that everyone seeking her services understands the process is not just a fee for service. It is the process of getting to know each other and developing trust and respect that creates a safe and satisfying session.

We have worked with Tish and highly recommend her services. Her treatments can improve mental health conditions such as PTSD and other forms of stress. Simply speak with her.

Contact: Leticia Solis

Address:  
Welcome Relaxation  
25 Book Street  
Shelton, CT 06484

Tel: (203) 343-2240

Web: [www.WelcomeRelaxation.com](http://www.WelcomeRelaxation.com)

Email: [WelcomeRelaxationSpa@gmail.com](mailto:WelcomeRelaxationSpa@gmail.com)

*At WholePerson Therapeutics, we know there are many ways to heal the physical body, mental mind, and the spiritual self. We recommend Welcome Relaxation to clients we believe will benefit from Leticia's healing energy. We have received praises regarding their experience with her. Patients maintain their drive to improve their health with decreased stress or discomfort. We know we can heal you. The opportunity to show you how begins with us trusting each other.*

*Until next time...*