

*"We can use colour
to heal on every level it is
non-invasive, has no harmful
side effects and i have no doubt it
is the medicine of the future."*

– Moira

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MOIRA ABERDEEN

Services

Esogetic Medicine - Specialising in Colourpuncture, Food as Medicine (Don Tolman Ringleader) EFT/Tapping Mindset/Reset Mental hygiene, Bodywork, Home Remedies, Mirimiri/Romiromi

About Moira

There is a beautiful treatment in Colour Puncture Moira specialises in Colour puncture and is also an avid researcher, radiant senior and great cook. You will benefit from her wealth of knowledge of many natural methods of healing which are woven into the treatments, based on their usefulness to you. Her commitment to client-centred strategies of kindness, compassion, and practical help arose out of her own healing journey several years ago. Moira will also encourage and empower you in developing your awareness, skills and experience that great health and a radiant life are well within your reach.

"I sprained my ankle and it had spread to my sciatic nerve...I was actually very skeptical of Colourpuncture..when I was receiving the treatment I knew the colour was actually working, I hadn't slept for about a week and then last night [after the treatment] I had the best sleep I've had in weeks, the whole nerve is better and

I'm continuing the treatment, it was like magic, yes magic!" Ashleigh

"I suffered from sciatica due to a severe back injury, Moira walked me through the entire process, she explained what she was going to do, how Colour puncture worked and really put me at ease, since it was a modality I wasn't familiar with. Throughout she was totally attentive to me, what was going on with my body, my breathing...I was really comfortable and found a method of healing that really spoke to me...Moira has great information and comes from the heart, she really wants to help other people." Amy

"I am so blown away by the depth of research and preparation you do specifically for me prior to our sessions...Thanks for a wonderful session yesterday. I feel well-grounded and balanced...I felt a lot lighter and stronger...thank you also for being so generous with your time..." Ruth

