



**Lucretia VanDyke**

704.692.0565

LucretiaVanDyke1@gmail.com

# Statement

## *Intention · Vision · Passion*

My intention is to assist people in finding the path to ignite their light, while holding them accountable for their work.

My vision for my business is to honor indigenous rituals of healing by combining them with modern science and meditation to provide an overall holistic educational experience.

My passion is assisting people in integrating their own unique experiences and trainings into their practices while inspiring them to indulge in the beauty of creativity and self preservation.

# Biography

With a journey that began when she was just a little girl mixing herbs, clays, and muds on her grandparents' farm, Lucretia VanDyke has been in the industry for over 15 years; she has over 2500 hours of training and she has been a holistic esthetician for over a decade. Lucretia has worked and trained with many internationally known spa and skin care companies such as Universal Companies, Osmosis Skin Care, Control Correctives, Pevonia, Dermalogica, and Aveda. Her quest for knowledge and interest in the traditional approach has led her all over the world to learn from indigenous master healers. Lucretia has trained extensively in Southeast Asia, Thailand, and Bali.

Along with teaching, Chinese medicine based therapies, Thai Yoga, Thai and Integrative reflexology, herbal skincare, sacred Yoni steaming/smudging, womb healing therapies, medical esthetics, Reiki, and holistic oncology esthetics make up a large part of her practice. In addition to her Eastern tutelage, Lucretia spent over 11 years as a Training and Development Educator for some of most prestigious resorts and medical spas working alongside physician assistants and doctors developing protocols for pre- and post-procedure for medical and cosmetic esthetic treatment.

Lucretia is an approved NC CEU provider for Estheticians, Massage Therapists, Cosmetologists, and Nail Technicians. She is the founder of *Erosology*, a meditation & wellness based sexology business, and co-founder of *Samadhi Productions*, a unique wellness production company that specializes in integrative healing arts programs and retreats.



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# Most Popular Classes

## Erosology

The study of the four levels of love, Sacred Sexuality, and honoring the feminine divine play a major role in holistic healing and wellness. We will explore rituals of love, abundance, and healing. Through the use of sacred herbs and the ritual calling in of the Orisha (Goddess) Oshun to guide us through the healing of the heart space to allow the flow of abundance and love. Ancient traditions such as Yoni Steaming, womb meditation, spiritual bathing, calling in sacred love, and tantric inspired recipes for skin/body therapies will be sure to ignite your mojo.

## From Farm to Treatment Room

This class is designed to show how to build an herbal apothecary for beauty and healing. Understand the meaning of organic and how it applies from harvest to label. This interactive class is good enough to eat! As we use farm fresh resources to craft raw and organic food based therapies, we lift our prayers up to honor ancient recipes based on teachings traditional healers from South East Asia to my ancestors in the Southern Appalachian. We will also learn self-healing rituals, in our Healing the Healers portion of the class, where we explore meditation, divination, and intuitive based protocols for choosing what your body requires.

“ You can often find me at the farmers market picking up fresh seasonal ingredients to make natural treatments for your face and body. Look for the BIG hat in the summer! ”

- Lucretia VanDyke

## All Thai'd Up

A modern twist on ancient healing modalities based on indigenous treatments from my travels around the world. We will explore Thai Poultice Massage, Eastern herbal recipes, Jamu practices, and how they can work with the body to encourage balance as well as receive the benefits of the rituals of health and wellness. Basic Thai reflexology, Thai Yoga, and my *Healing the Healers* grounding meditation along with a ritual to honor our teachers and ancestors for helping us attain knowledge during our journey.



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# Teaching

## November 2014

The Herbiary, Asheville, NC

- Loving Your Sacred Self: Ritual and Body Care

## September 2014

columinate, Asheville, NC

- Creating Your Own Medicine Wheel

## 2009 - 2014

Urbana Massage, Charlotte, NC

Secrets Spa, Asheville, NC

- Train the Trainer - CEU / Spa Development 8 hrs

## 2006 - 2014

Southeast Salon and Spa Conference, Hickory, NC

- Farm to Treatment Room: Raw, Herbal, and Organic Skincare CEU 2 hrs
- All Thai'd Up - CEU 8 hrs
- Estheticians Working with Physicians - CEU 8 hrs
- Holiday Seasonal Treatments - CEU 4 hrs
- Reiki Infused Facials and Reflexology - CEU 2 hrs
- Zen Aesthetics: Eastern Herbal Skincare - CEU 4 hrs

## 2013 - 2014

Healing House of Weaverville, Weaverville, NC

- Nurturing the Yin - Women's Health Workshop 2 hrs
- Meditation 101 - Health & Wellness Seminar 2 hrs
- Preparing Your Body for the Seasons - Health & Wellness Seminar 2 hrs

## June 2013

The Healing House of Weaverville, Weaverville, NC

- Healing Touch Facials from Around the World - CEU 8 hrs

## 2012 - 2013

The Yoga Tree, Hickory NC

- YogaSpa Retreat

Illusions Spa, Asheville, NC

Secrets Spa, Asheville, NC

- Thai Reflexology with Exotic Hand and Foot Rituals for the Seasons - CEU 8 hrs

## 2010

Healing House of Weaverville, Weaverville, NC

- Farm to Treatment Room: Raw, Herbal & Organic Skincare CEU 8 hrs

# History

## 2009 - 2010

Privai Esthetics Academy, Asheville, NC

- Zen Aesthetics: Eastern Herbal Skincare - CEU 8 hrs

Urbana Massage, Charlotte, NC

- Herbal Poultice Skin and Body Treatments: Introduction to Herbal Poultice Treatments - CEU 4 hrs

Healing House of Weaverville, Weaverville, NC

- Herbal Poultice Skin and Body Treatments: Introduction to Herbal Poultice Treatments - CEU 8 hrs

## 2007-2011

Vitality Medical Spa, Hickory, NC

- Advanced Medical Skin Care Training

## 2006 - 2008

Medical Spas Training, Hickory, NC

Face and Body Conference, San Francisco, CA

- Facial Techniques: Ethnic to Inflamed Skin - CEU 8 hrs

## August 2003 – August 2007

Rock Barn Golf and Spa, Conover, NC

- Advanced Esthetics
- Training and Development
- Stress and Relaxation Tips for the Holidays and for Each Season
- Edible Body Treatments and Couples Massage
- Hydro-therapy and Herbal Body Wraps

## Jan 2003 – August 2003

Carolina Academy of Cosmetic Arts, Gastonia, NC

- Advance Esthetics



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# Media



# Businesses



SamanaSolutions.com

SesenGroup.com



SamadhiProductions.com

Erosology.com



# Testimonials

“Thanks again for a simply amazing experience at the Hickory Conference. This was my 1st time taking your class and I'm so excited to learn more from you. You have me wanting to meet farmers and scrape salts and pick flowers!”

- A.L.

“Coming from a man with no spa background, I learned so much from taking your class. Thank you for inspiring so many people. Job well done! I look forward to future classes.”

- Adam

“I was privileged to have one-on-one sessions and classes with Lucretia on my love life. She first gave me tools and recommendations of how to first, love myself. Now, I don't want to give any of her techniques away, but she helped me open and close wounds I didn't know existed. After removing and cleansing bad things from my life, I found a love for myself I never had. I lost weight, I changed my look, and my confidence went through the roof! I have become a social butterfly. Once again, I had a personal session and I have began the process of preparing space for a new love in my life. I don't do testimonials usually, but when someone comes into your life and so profoundly changes it you just want everyone to know. Lucretia has changed my life, and I am excited to see how these next steps go. At that point I will have another session. Thank you so much for my healing, happiness, health, and most of all, thank you for teaching me how to love myself again.”

- Regina Love



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