

WELCOME TO THE HEART-BASED CENTER BASEL

LIFT:

Loving Intentional Field Therapy

Whether you're:

- A busy parent or caregiver whose own needs have been put aside
- An overworked professional craving some rest and clear head space
- An expat who feels unsettled or 'off-balance' in Basel
- A young person feeling anxious or isolated
- Just not getting enough deep sleep
- Recovering from an illness or surgery

We can help you.

In just 1 hour, a LIFT treatment offers you the equivalent of 3-4 hours of deep, healthy sleep. By gently regulating and strengthening your nervous system, you'll tap into your natural ability to rejuvenate and recover.

What is LIFT Vitality Therapy?

LIFT (Loving Intentional Field Therapy) soothes your nervous system without massage or talk therapy. Our practitioners are trained to balance the electromagnetic energy (chi) that circulates around and through your body, by creating an atmosphere of safety and comfort that allows your whole system to relax and repair itself.

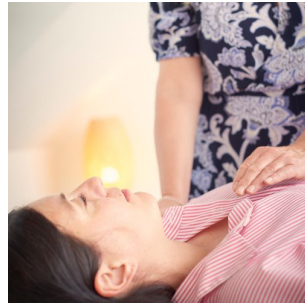
Many of our clients are pleasantly surprised by the improvement in their sleep, a reduction in anxiety and the peace and clarity that they feel after their first session.

I have been visiting Andrea once a month and feel so much more grounded, calm and clear after every session.

Karin, Basel

LIFT works in harmony with all other medical treatments and healing modalities. You will be asked a few gentle questions to clarify any health concerns, and invited to lay, fully clothed, on the treatment couch.

A session lasts 45 minutes for adults and 30 minutes for children over 5 years. Your first session will include a 15-minute medical history (health check). One treatment per month is enough to maintain all the positive benefits, though with chronic conditions, we recommend 3 consecutive treatments.



[Make an appointment](#)

Your Therapist

Andrea Gardner

I am a qualified and experienced life coach and practitioner of Loving Intentional Field Therapy (LIFT), who finds fulfillment in helping others live their most delightful life. LIFT sessions are the natural result of my 25 years' dedication to discovering what contributes to true health and wellbeing, and what gets in the way.

Adults usually come to me when they lack vitality and want to feel better. Energy can become depleted or destabilized by life events, trauma, surgery, stress, poor sleep and anxiety. I work gently with your body's energy system and the creative power of visualization to rebalance the flow of vital life force and calm your nervous system, which often brings deep comfort and relief. Essentially, my purpose is to restore your own self-healing ability so that you no longer need me.

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Prices

New clients: CHF 97 per hour

Three sessions : CHF 3x 120 per hour

Regular price CHF 150 per hour

- New clients CHF 97

per hour

- Three sessions CHF 3x120

per hour

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per hour

[Contact me](#)

Vital-Life Coaching

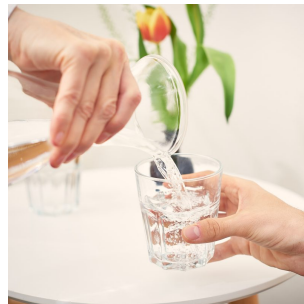
Every cell of your body is listening and responding to your inner conversation. If you would like to take your journey of self-discovery to a deeper level, it helps to have an experienced, intuitive coach by your side. I can help you interpret your body's subtle somatic messages, explore the gap between where you are now and where you would like to be, and create a life that delights and excites you.

[Find Out More](#)



The Heart-Based Center

The Heart-Based Center is a health center for heart-based medical and therapeutic counseling and support. Heart-based medicine is a skill that can be taught, acquired, and studied like any other specialty. The multi-professional team is guided by the philosophy and findings of the Heart-Based Medicine Foundation, which scientifically researches, validates and communicates the energy potential and healing power of love and human-centered medicine. The heart-based offer includes therapy, counseling and coaching.



I look forward to meeting you

You can contact me at any time by email

[E-Mail](#)

Or schedule an appointment directly.

[Make an appointment](#)

Heart-Based Center Basel

LIFT

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4053 Basel

Switzerland