

Menu

Appetisers

Simply Relax – 1:1 Private Sound Bath

Immerse yourself in comfort and drift away to the healing sounds of Tibetan Bowls, gongs and quartz crystal singing bowls

45 minutes

Dive a Little Deeper – Tibetan Singing Bowl Massage

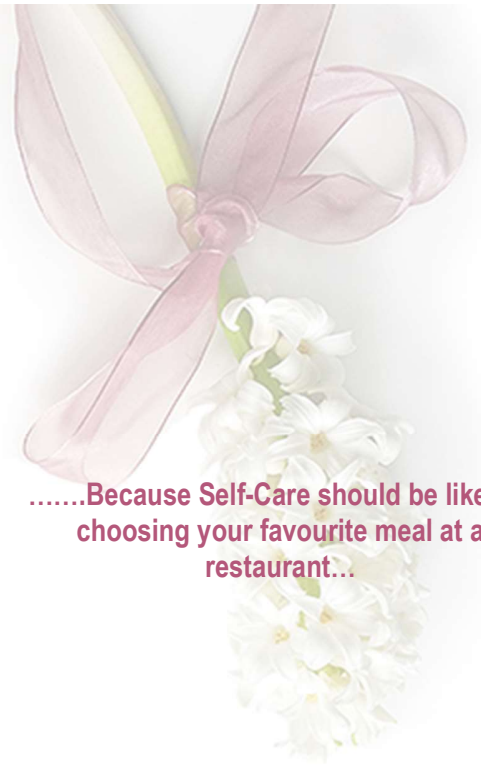
Amazing treatment for relieving back, neck and shoulder tension, using the weight and vibration of Tibetan singing bowls, followed by a deep relaxation sound immersion

45 minutes

.....Because Self-Care should be like choosing your favourite meal at a restaurant...

£40

£40



Main Courses

Re- Align – 1:1 Tuning Forks Therapy

Working with finely-tuned frequencies to bring your energy centres (chakras) back in to alignment, followed by a deep relaxation sound immersion

90 minutes

Re-Connect – 1:1 Sacred Ceremony

Sit with intention to release all that is not serving and leave feeling lighter, brighter and more open-hearted. Working with ceremonial cacao (or ritual tea if preferred) to open your heart. The session will be intuitively guided and supported and will include breathwork, sound healing and oracle card guidance.

90 minutes

Re-Discover – Soul Alignment

For the Curious Soul – discover and explore the activation sequence embedded in your hologenetic profile. Let me be your guide as you journey deeper into You – your purpose, your radiance, your evolution and life's work. A foundation and introduction to your Gene Keys

90 minutes (can be delivered via Zoom)

Re-Birth – 1:1 Elemental Water Ceremony

Be held in sacred ceremonial space and healed by the gentle energies of water and sound. When you are ready to have the soothing power of the mother washed over you, honouring a re-birthing into a new iteration of your Being. This nurturing treatment experience will include foot bathing, Essential oils, gentle massage and a therapeutic integration with sound

90 minutes



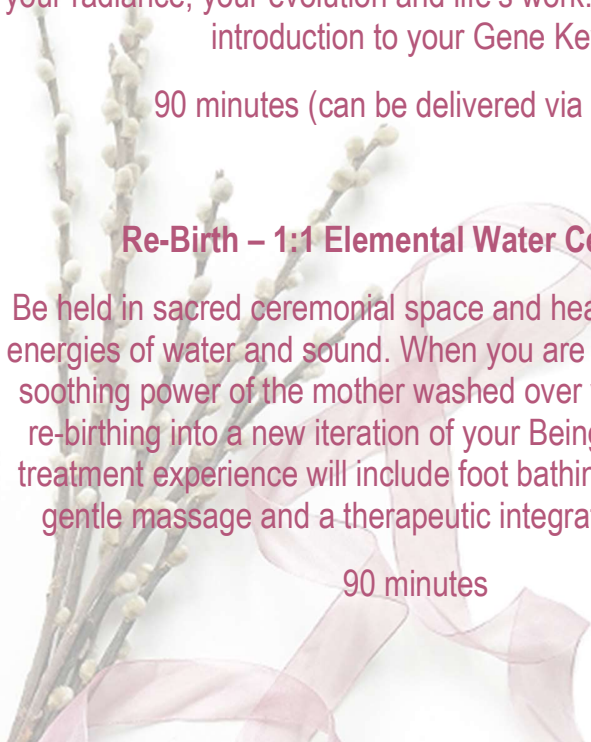
£55

£60

£75

including bespoke report

£60



Sharing Platters

Two's Company – 2:1 Sound Healing

Come and lie with your favourite other person to experience a deeply relaxing duo sound bath. Cocooned in soft blankets and propped like God/desses, you can cast off your cares and woes and let the power of therapeutic sound wash over you. Finish with healing home-prepared tea and nourishing snack.

90 minutes

Heartfelt Connection – 2:1 Sound Healing with ceremonial cacao

All of the above with the addition of ceremonial cacao, a natural vasodilator and heart opener, to allow a deeper connection.

90 minutes

Three is a Magic Number – Sacred Ceremony for 3

Come sit, come lie, come be as 3. Share your truth, seal your connection, join in magic and healing! Work with the power of light and sound and heart opening cacao, in sacredly held ceremonial space. Share your hearts and open your circle of sister/brotherhood. Seal your intentions with a blissful sound bath, followed by home-brewed tea and nourishing snacks.

90-120 minutes

Comfort in Sound – Small group private sound bath for 4-5 people

Gather your nearest and dearest and join me for a session of deeply relaxing and tension-dissolving sounds, guided breathwork and visualization. Come round to feelings of bliss, peace and deep stillness. Your experience is sealed with home-brewed tea and nourishing snacks.



£35

per person

£40

per person

£40

per person

£25

per person

