

Harmony Massage Experience

In this balancing ritual we take the benefits of a hands on massage and combine it with energy work to create a beautiful and profound healing experience, bringing the physical, emotional, mental and spiritual bodies back into alignment. By cherry picking the best elements of various therapies such as Reiki, Aromatherapy, Reflexology, Remedial, Womb, Abdominal, Thai and Swedish massage we have created the most powerful and transformational experience imaginable.

2 hrs £300

Course of 3 £750 includes 1 free Guided Meditation

Harmony Massage Experience & Guided Meditation

Combining the power of Harmony Massage and the benefits of guided meditation this ultimate balancing ritual is perfect for both the mind and body. Using gentle breath work and meditation we help to remove old emotions or beliefs uncovered during the session and replace with a new empowered way of thinking. The manual massage releases physical blocks, reiki for rebalancing the flow of Chi and guided meditation for shifting subconscious emotional traumas, negative beliefs and habits. We highly recommend a course of 3 for optimum transformational healing.

2.5 hrs £350

Course of 3 £900 includes 1 free 75min Harmony Facial

Harmony Facial Experience

Bring balance and harmony to your skin, mind and soul with unique chakra healing and crystal facial. A deep cleanse followed by hot and chilled crystal massage with aspects of lymph drainage, reiki, acupuncture and European facial techniques implemented to deliver a truly holistic facial experience. Incorporating the face, head, neck, shoulders and breast area for a full heart opening healing. This unique and dynamic facial will leave you glowing and smiling from the inside out.

75min £200