## Treatment Menu

## 1:1 Treatments-Taster Session £40 First Treatment & Consultation £80 1.5Hrs Returning Client £60 2 Hrs Returning Client £80

**Sound Healing-** Be soothed with gentle Sounds, balancing and energising your cellular health back into harmony. Tuning Forks may be used-Great for aches, pains and tension.

**Reflexology-** Enjoy a foot treatment working reflex points to balance the entire body. Vibrating Tuning Forks or Aromatherapy massage will end the session.

Reiki- Enjoy relaxing music whilst energy healing is gently sent to you. Hands are placed on the body (over a blanket) with your permission. This session can be combined with some Sound Healing work.

## Sound Baths-

Be bathed in Sounds for a deeply calming experience. Group Sound Baths are at All Stretton SY6 6JR £15
Tenbury Wells WR15 8AA £20

