

essexpamper

'Relax & rejuvenate'

Price list

HOLISTIC

Massage

Herbal Compress Massage - 25 mins.....	£25.00
Herbal Compress Massage - 40mins.....	£38.00
Hot Stone Massage - Back Neck and Shoulder - 25mins.....	£25.00
Hot Stone Massage - Full Body - 40mins.....	£38.00
Indian Head Massage - 25mins.....	£25.00
Indian Head Massage - 40mins.....	£35.00
Thai Foot Massage - 25mins.....	£25.00

Guided group meditation session

Spoken guided meditation - 20 mins.....	£45.00
Moving meditation - 20 mins.....	£45.00
Moving meditation, followed by laying down - 30 mins.....	£65.00
Sound bowl therapy - 20 mins.....	£65.00
Crystal singing bowl therapy - 40 mins.....	£90.00

Reiki Treatments

Reiki - Reiki Rebalance - 25mins.....	£25.00
Reiki - Reiki Deep Healing - 45mins.....	£40.00
Reiki - Angelic Reiki - 1h.....	£48.00
Reiki - Reiki with Crystal Healing - 45mins.....	£55.00
Reiki - Flower Therapy&Chakra Healing - 1h.....	£58.00

Nia group dance class

This gentle dance class suitable for everyone is taught in more than 50 countries around the world, Nia combines dance, martial arts and mindfulness. A private Nia dance session can be added to your holistic event. Please ask the office.

Angel card readings

Its quite natural for healers and physics to work together so if you are organising a quieter day or evening, holistic event we have some amazing physics who can do a number of reading sessions while guests are having holistic treatments. Please ask the office.