



Studio Based Sessions

Standard Yoga, Pilates & Qi Gong Class Passes

Single session: £12

PACKAGE	NUMBER OF CLASSES	VALIDITY	PRICE	PRICE PER SESSION
TRIAL PACK*	3	2 WEEKS	£30	£10
3 - PACK	3	1 MONTH	£34	£11.33
6-PACK	6	2 MONTHS	£63	£10.50
10-PACK	10	3 MONTHS	£95	£9.50

- Trial packs can only be purchased once

Hot & Aerial Yoga Class Passes

Single session: £14

PACKAGE	NUMBER OF CLASSES	VALIDITY	PRICE	PRICE PER SESSION
TRIAL PACK*	3	2 WEEKS	£34.50	£11.50
3 - PACK	3	1 MONTH	£39	£13
6-PACK	6	2 MONTHS	£75	£12.50
10-PACK	10	3 MONTHS	£115	£11.50

- Trial packs can only be purchased once



Studio Based Sessions

Sound Bath (Gong & Sound Healing)

Single session: £22.50

PACKAGE	NUMBER OF SESSIONS	VALIDITY	PRICE	PRICE PER SESSION
3 - PACK*	3	2 MONTHS	£63	£21
6-PACK*	6	4 MONTHS	£120	£20
10-PACK*	10	6 MONTHS	£190	£19

- Does not include Aerial Sound Baths

Aerial Sound Bath (Aerial Gong & Sound Healing)

Single session: £25

PACKAGE	NUMBER OF SESSIONS	VALIDITY	PRICE	PRICE PER SESSION
3 - PACK	3	2 MONTHS	£72	£24
6-PACK	6	4 MONTHS	£138	£23
10-PACK	10	6 MONTHS	£220	£22



Studio Based Sessions

Sound & Yoga Combo Packages

(Includes Aerial Sound, Hot Yoga, Aerial Yoga, Pilates & Qi Gong)

PACKAGE	SESSIONS INCLUDED	VALIDITY	PRICE
INTRODUCTION - 3 PACK	2 X YOGA & 1 X SOUND	1 MONTH	£45
MIND & BODY - 6 PACK	3 X YOGA & 3 X SOUND	3 MONTHS	£110
WELLNESS - 10-PACK	5 X YOGA & 5 X SOUND	5 MONTHS	£165
DEEP RESTORE - 12 PACK	6 X YOGA & 6 X SOUND	6 MONTHS	£195



Therapies and Treatments

Reiki & Energy Healing

Traditional Usui Reiki Healing – 60 minutes – £60

→ "Reiki Flow: Traditional Usui Healing"

A grounding, restorative energy session based on the original teachings of Mikao Usui.

Crystal Chakra Balancing & Alignment – 60 minutes – £60

→ "Chakra Resonance & Crystal Alignment"

Rebalance and realign the energy centres using crystal healing and Reiki.

Combined Reiki & Sound Healing – 60 minutes – £70

→ "Vibrational Reiki & Sound Immersion"

A powerful fusion of Reiki energy and sound frequencies for deep recalibration.

Distant Healing – 30 minutes – £45

→ "Remote Energy Realignment"

Receive healing from anywhere with a guided and energetically tuned distance Reiki session.

Holy Fire Healing Experience – 45 minutes – £50

→ "Holy Fire® Light Transmission"

A deeply purifying and spiritually guided Holy Fire® Reiki experience.

Kundalini Reiki – 45 minutes – £50

→ "Awakening Energy: Kundalini Reiki Activation"

Activate and support the rise of inner Shakti with focused Kundalini Reiki.

Angelic Reiki – 60 minutes – £60

→ "Celestial Healing: Angelic Reiki Session"

A serene and high-frequency session channelled through the angelic realm.

Crystal Resonance Therapy – 60 minutes – £60

→ "Crystal Light Resonance: Energy Balancing Therapy"

A deeply restorative energy healing session using intuitively selected crystals to align, clear, and harmonise the body's energetic field.



Therapies and Treatments

Sound

Earth & Sky: Bowls and Drum Energy Healing – 50 minutes – £50

A deeply grounding one-to-one sound therapy session using the resonant tones of Tibetan singing bowls and rhythmic drumming to harmonise your energy field, settle the nervous system, and reconnect you with earth and spirit.

Sacred Resonance: Tubes & Tibetan Bowls – 50 minutes – £50

A personalised vibrational healing experience blending the celestial tones of hand tubes with the ancient resonance of Himalayan sound bowls, designed to restore energetic flow and promote deep relaxation.

Inner Realms: Immersive Sound Journey – 45 minutes – £50

Sink into a zero-gravity chair and be cocooned in powerful gong vibrations and sacred sound. This immersive 1:1 session is designed to quiet the mind, unlock the subconscious, and gently guide you into a deep state of stillness and inner insight.

Celestial Sound Journey with Angelic Tubes – 50 minutes – £60

A heart-opening sonic experience combining gong immersion with the ethereal resonance of angelic tubes. This session supports emotional release, energetic realignment, and connection to higher states of consciousness.



Therapies and Treatments

Massage

Swedish Serenity Massage

- 45 minutes – £45
- 60 minutes – £60
- 90 minutes – £90

A soothing full-body massage to release tension, promote circulation, and restore calm.

Deep Tissue Release Massage

- 45 minutes – £45
- 60 minutes – £60
- 90 minutes – £90

Targeted therapeutic massage to ease chronic tension, improve mobility, and support muscular recovery.

Indian Head Massage – 45 minutes – £45

- A grounding treatment focusing on the scalp, neck, and shoulders to relieve stress and rebalance energy.

Aromatherapy Healing Massage

- 60 minutes – £65
- 90 minutes – £120

A deeply relaxing experience using essential oils to support emotional balance and holistic wellbeing.

Hot Stone Fusion Massage

- 45 minutes – £50
- 60 minutes (Full Body) – £65

Heated stones melt away tension and promote a sense of deep calm and energetic grounding.

Reiki Infused Full Body Massage – 60 minutes – £70

A restorative blend of therapeutic massage and Reiki energy healing to align body, mind, and spirit.

Lymph Flow Detox Massage – 90 minutes – £90

A gentle yet effective massage to support the lymphatic system, reduce fluid retention, and stimulate natural detoxification for improved vitality.



Our Signature Treatments

Luxury Buccal Massage & Holistic Facial With Joanna | 90 minutes – £90

Experience the ultimate in facial rejuvenation and inner balance with this luxurious 90-minute treatment. This unique offering combines a holistic facial with the deeply restorative Buccal Massage technique – a specialised intraoral massage that works inside the mouth to release tension held in the jaw, cheeks, and facial muscles.

Using premium products, this treatment stimulates circulation, boosts collagen production, and enhances lymphatic drainage, leaving the skin lifted, radiant, and glowing from within.

Ideal for those seeking a natural facial sculpting experience with powerful therapeutic benefits. (Includes use of our carefully selected holistic skincare products.)

Holistic Sound Bowl Massage With Kate | 60 minutes – £60

A deeply restorative treatment combining therapeutic massage with the healing vibrations of Tibetan sound bowls. This unique fusion works on both the physical and energetic body, easing muscular tension while encouraging emotional release and inner harmony.

The gentle yet powerful resonance of the bowls is placed directly on or near the body, helping to calm the nervous system, balance the chakras, and promote a sense of deep peace and wellbeing.

Ideal for those seeking a truly holistic experience that nurtures body, mind, and spirit.

Pranic Energy Healing Ritual With Zaria | 60 minutes – £60

This deeply restorative, revitalising energy treatment combines traditional Pranic Healing techniques with a grounding salt foot ritual. Gentle, sweeping motions cleanse stagnant energy, followed by energising of key chakras to restore balance and promote emotional and physical well-being.

A soothing foot and lower leg massage with mineral rich salts enhances circulation, detoxification, and relaxation. Perfect for those seeking energetic clarity, stress relief, and inner harmony. Leaving you with a glow from within and out.

Balancing Facial With Terri | 60 mins – £60

A slow and mindful facial ritual using organic products, facial massage, and acupressure point therapy to restore balance and radiance. This nurturing treatment calms the nervous system, revitalises the skin, and leaves you feeling deeply rested and restored from within. Ideal for those seeking a holistic approach to skincare and relaxation.



Therapies and Treatments

Reflexology

Soul Steps: Reflexology Reset – 45 minutes – £50

A restorative foot therapy that stimulates reflex points to support balance, relaxation, and the body's natural healing response.

Crystal Reflexology Alignment – 60 minutes – £60

A unique fusion of reflexology and crystal healing, targeting energy meridians and chakras through the feet to restore harmony and inner alignment.

Counselling & Coaching

Holistic Counselling / Soul Path Coaching

60 minutes – £65 | 3 Sessions – £180 (Save £15) | 6 Sessions – £360 (Save £30) | 10 Sessions – £570 (Save £80)

Facilitators: Ash • Zaria • Angie • Louise

Our practitioners each bring a unique lens to this work:

- Ash – spiritual growth & self-development
- Zaria – deep healing from childhood trauma
- Angie – love languages & tantra-based relational wisdom
- Louise – metaphysical counselling with visualisation & breathwork

Jason – Person-Centred Counselling

60 minutes – £75 | 3 Sessions – £210 (Save £15) | 6 Sessions – £420 (Save £30) | 10 Sessions – £670 (Save £80)

Jason offers a compassionate and heart-led approach grounded in person-centred therapy, integrating other modalities where appropriate. His sessions are ideal for those seeking a reflective space to work through emotional difficulty, build resilience, and find clarity from within.

Donna – Cognitive Behavioural Therapy (CBT) - 60 minutes - £85

Donna provides evidence-based CBT to help reframe unhelpful thoughts, manage anxiety, and develop more empowering ways of thinking and behaving. Her approach supports confidence, clarity, and effective coping strategies for long-term change.

Ideal For: Individuals looking for professional, clinically informed counselling to build emotional resilience, gain clarity, and process life's difficulties with expert support.



Therapies and Treatments

Facials

Radiance Ritual: Crystal Spa Facial – 45 minutes – £45

A rejuvenating express facial combining crystal energy and botanical skincare to refresh the skin, restore glow, and uplift the senses.

Celestial Glow: Crystal Spa Facial – 60 minutes – £60

A deeply nourishing facial experience blending holistic techniques, healing crystals, and high-vibrational products to revitalise your skin and soothe your soul.

Acupuncture

Acupuncture: Initial Wellness Consultation – 90 minutes – £85

A comprehensive first session including holistic consultation and tailored acupuncture treatment to balance the body's energy systems and promote healing.

Acupuncture: Follow-Up Session – 60 minutes – £70

Continued support with targeted acupuncture to restore flow, address symptoms, and enhance wellbeing.

EMDR Therapy

Trauma Release: EMDR Therapy – 60 minutes – £85

A powerful, evidence-based therapy for healing trauma, anxiety, and emotional wounds by unlocking and reprocessing stored experiences through guided eye movement techniques.

Hopi Ear Candle Therapy

Sacred Sound: Hopi Ear Candle Therapy – 45 minutes – £45

An ancient therapeutic treatment using heat and sound resonance to gently support sinus clarity, ear health, and deep relaxation.