

Chakra Healing



Different chakras stand for different areas of the body, and can dysfunction us in many different ways. Feelings, thoughts, traumas, and even illnesses of the body can lodge in the chakras, impeding healthy energy flow.

Duration of treatment 1 Hour

Cost per session £25.

Colour Therapy



Colour Therapy can be used for any problem whether physical, mental, emotional or spiritual for specific problems as well as an overall relaxation therapy.

Duration of consultation 45 Minutes Cost per session £25.00

Counselling



Counselling is a type of talking therapy that allows a person to talk about their problems and feelings in a confidential, non judgemental and dependable environment.

Duration of consultation 1 Hour

Cost per session £30.00

Life Coaching



Life coaching aims to draw out a person's potential by giving them the skills to create aims and knowledge.

Duration of consultation 45 Minutes

Cost per session £30.00

NLP (Neuro Linguistic Programming)



Neuro Linguistic Programming is an approach to communication, personal development and psychotherapy.

NLP can treat problems such as:

- Phobias
- Depression
- Habit Disorder
- Pyschosomatic illnesses
- Myopia
- Allergy and learning disorders

Often in a single session.

Duration of consultation 45 Minutes - 1 Hour

Cost per session £35.0 0

Shiatsu



Shiatsu is great means of fighting migraines and headaches, as it relaxes the body and increases the blood flow in the brain, neck, and head.

Shiatsu massage uses acupressure techniques and applies them with hands, thumbs, elbows and knees.

Duration of consultation 30 Minutes

Cost per session £20.00