



PSYCH-K

A modality that teaches people to overcome limiting and self sabotaging beliefs to overcome difficulties and achieve a peaceful life.

BOWEN THERAPY

A non-invasive technique that uses gentle rolling movements over muscles, tendons, ligaments, joints, nerves, and fascia to promote relief from musculoskeletal and related neurological complaints

EMOTIONAL CLEARNING

A holistic, feeling-oriented approach to therapy and personal growth that aims to help individuals overcome emotional blockages, release negative emotions, and achieve inner healing and transformation.

SOUND THERAPY

The use of specific instruments, music, tones, and other sonic vibrations to balance and heal the body, mind, and spirit

50 MINUTES - \$50

PACKAGES AVAILABLE

- * THERAPIES
 - * ACCOMMODATION
 - * MEALS
- ENQUIRE BELOW**

BOOKINGS REQUIRED

WHATSAPP

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HEALING & PERSONAL TRANSFORMATION

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EMOTIONAL FREEDOM TECHNIQUE

A therapeutic method that combines cognitive and somatic elements. It involves tapping specific points on the body, usually with the fingertips, to stimulate energy points and release emotional blockages

REIKI

A gentle, non-invasive, and non-manipulative technique that involves the practitioner placing their hands on or near the body to direct energy and help the body heal itself

NUMEROLOGY

The mystical significance of numbers and their influence on an individual's life giving us insight into our character, strengths, weaknesses, and potential

HYPNOTHERAPY

A form of therapy that helps individuals access their subconscious mind, allowing them to make positive changes in their thoughts, behaviors, and emotions

50 MINUTES - \$50

SOME SESSION TIMES, E.G. HYPNOTHERAPY, MAY RUN OVER

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