

# RELAXATION

From £75.00

With a choice of hand picked smells to cater to your senses, experience a relaxation based sound journey to calm and transport you to a place of tranquility.



- Choose a room fragrance
- Crystal & Tibetan singing bowls
- Chimes
- Tuning forks
- Minimal but healing touch
- Receive session notes

Using a range of tonal instruments, creating stress relieving vibrations and sound combinations, guided breath work brings you into a much needed meditative state of wellbeing. You will receive tips on how to access that place of relaxation when most needed in your own time.