



"QUIET THE MIND AND THE SOUL WILL SPEAK"
~ HOLISTIC THERAPIST ~ MEDITATION TEACHER ~ REIKI MASTER ~
HYPNOBIRTHING TEACHER

Treatments

BESPOKE AROMATHERAPY MASSAGE: 60 MINUTES ~ £45
DEEP TISSUE MASSAGE: 30/60 MINUTES ~ £35/£55
PREGNANCY MASSAGE: 75 MINUTES ~ £50
ONCOLOGY MASSAGE (FOR THOSE LIVING WITH OR BEYOND CANCER): 60 MINUTES ~ £45
MANUAL LYMPHATIC DRAINAGE MASSAGE: 75 MINUTES ~ £55
WELLNESS HOUR (YOUR OWN CHOICE OF HOLISTIC TREATMENTS): 60 MINUTES ~ £50
INDIAN HEAD MASSAGE: 30 MINUTES ~ £35
REIKI: 60 MINUTES ~ £45
REFLEXOLOGY: 60 MINUTES ~ £45
GUA SHA FACIAL MASSAGE: 30 MINUTES ~ £35
SCULPT & GLOW FACIAL WITH BIOTEC TECHNOLOGY: 60 MINUTES ~ £65

Namaste Signature Treatments

90 MINUTES OF BREATH WORK, MASSAGE (INCLUDING SCALP) & REIKI ~ £65

Hypnobirthing

CLASSES ARE DESIGNED TO GIVE YOU THE TOOLS AND INFORMATION YOU NEED TO HAVE AN EMPOWERING PREGNANCY AND BIRTH. DELIVERED IN PERSON, IN THE COMFORT OF YOUR OWN HOME OR ONLINE

} ~ 4 x 2 Hour
Sessions: £222

Meditation, Wellness Classes & Reiki Courses

WELLNESS & MEDITATION CLASSES AND REIKI COURSES ARE AVAILABLE ON REQUEST, PLEASE CONTACT ME FOR MORE DETAILS AND RATES. MONTHLY CLASSES ARE AVAILABLE TO ATTEND, PLEASE VISIT MY WEBSITE & SOCIALS FOR MORE INFORMATION.



NAMASTEBALANCED.COM



@NAMASTEBALANCED



NAMASTEBALANCED.CLAIRE@GMAIL.COM