

WINTER PRICE LIST 2022

To book an appointment, click [here](#). All NEW clients must complete a Pre-Consultation Form, please contact us for details



LIGHTHOUSE HOLISTIC
Complementary Therapy - Body, Mind, Life!

Wellness Packages – See Website for full descriptions

Colour Life Balance: Your True Colours - Ultimate Colour Mirrors Experience	3 hours	£150
Colour by Numbers: Birth, Year, Name, Path & Life Lessons Numerology	3 hours	£150
Body Fix: Top to Toe Holistic Nurture including Reflexology & Meditation	2 hours	£125
Evening Bliss Ritual: Bath, Sound Therapy & Neck, Back & Shoulder	1.5 hours	£100
Interstellar Experience: Full Body Massage with Immersive Sound Therapy	1.5 hours	£100
Pure Alignment: Colour Mirrors Chakra Balance, Immersive Meditation	1.5 hours	£100

Bespoke Wellness Packages

Some clients prefer to book a 2-3 hour bespoke session, working instinctively with your therapist on the day. This is still available and can be booked at an hourly rate of £60. 10% discount available for 3-month bookings. 15% discount available for 6-month bookings. Payment plans available.

MONTHLY SUBSCRIPTION: Our Multi-tiered Archangel Subscription Service also has payment plan options. Contact us for details

Holistic Massage

Neck, Back & Shoulders Massage	45 mins	£45
Neck, Back, Shoulders, Indian Head & Face Massage	1 hour	£60
Lower Leg & Foot Massage	30 mins	£30
Full Body Massage	1.5 hours	£75
ADD Immersive Meditation or Sound Therapy (included in total time)	30 mins	£10

Specialist Services

1-1 Talking Therapy at Lighthouse Holistic Therapy	1 /1.5 hours	£60/£90
1-1 Talking Therapy via Video Conferencing	1/1.5 hours	£50/£75
15 minute Video Call Check In Service	15 mins	£20*
15 minute Message Check In Service	15 mins	£15*
Immersive Reflexology	1 hour	£60
Iridology & Body Mapping	1 hour	£75
Languages of Love Couples Communication Program	1 hour	£50 per person
1-1 Creative Therapy	1.5 hours	£60
Freedom Recovery Addiction Counselling	1 hour	£60
Life After Rehab Counselling Program	3 months	POA

Young Angels: 8-15 years

Young Angel Holistic Therapy Sessions can be booked at an hourly rate of £45. The Colour Mirrors Kids System, Walk & Talk Therapy, 1-1 Talking Therapy & 1-1 Creative Therapy are available. Contact us for further information.

Suggested session time 8-12 years old: 1-2 hours

Suggested session time 13-15 years old: 1.5 – 2 hours

Add 20-minute Foot Massage & Meditation (Very Popular and included in total time) £15

Our Commitment: At Lighthouse Holistic Therapy we are truly committed to ensure that every client receives what they need during their session. We are open to 'on the day' change requests and happy to advise alternative options, whenever necessary. **To book an appointment, click [here](#).**

Payments: All single session bookings will need to be made either by BACS or Cash on the day of the appointment. Cancellation fees apply. Any bookings £100+ can be paid by BACS, Card, or Cash on the day of the appointment. For 3–6-month Bespoke Bookings or Archangel Subscriptions, payment plans are available.

Colour Mirrors Full Size Oil & Essence Bottles: £45+p&p. Colour Mirrors Samples: £5 each.

*Between 9am and 9pm. Additional costs and parameters apply outside these hours.