

# *Women's Wellness Package*

**Are you a bride to be, mum to be or simply looking to treat yourself to the benefit of this thoroughly nurturing well-being package?**

*1 hour 15 minutes package*

*£50*

*Group bookings available*

- 10 min guided mediation using crystal bowls to relax and unwind.*
- 25 min crystal session, balancing the chakras and energy bodies using crystals to gently help emotional release and bring positivity.*
- 25 min hands on Reiki healing to soothe and calm the energy systems.*
- 15 min gentle card reading for guidance and support.*

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