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*Soothing Service  
Menu*

*A unique blend of soothing practices: assisted stretching,  
restorative yoga, massage (hands, feet & head) with  
crystals & sound healing*

*designed to*

*soothe worried minds to help find peace & quiet*

*relax and reset an anxious nervous system*

*refocus listless energy into motivation and drive*

*encourage higher self-worth*



## *Option 1*

*Assisted stretching, restorative yoga, massage (hands, feet & head) with crystals & Tibetan bowl sound healing.*

*The practitioner brings crystals, oils, 3 Tibetan singing bowls, a candle & oracle cards*

*£130 one-off*

*£600 pack of 7 sessions*



## Option 2

*Assisted stretching, restorative yoga, massage (hands, feet & head) with crystals & Crystal singing bowl sound healing.*

*The practitioner brings crystals, oils, 3 Crystal singing bowls, a candle & oracle cards*

*£140 one-off*

*£665 pack of 7 sessions*





## Comfort

*Clients must provide a comfortable yoga mat, towels or blankets and a small bowl of ice.*

*We encourage clients to additionally use a pillow (ideally with a silk cover), and provide more candles or an oil diffuser for the practitioner to create a calmer atmosphere.*

*We are happy to provide a “wellness” pack with all the ambiance-creating equipment for those with limited wellness tools.*





# Setting up

**Before the session, we will need to understand your intentions for the session:**

*Do you simply want to relax? Are you trying to improve your sleep? Perhaps you are seeking a shift in mindset and habitual behavior.*

*How spiritually minded are you? Some people enjoy the mysticism element, whilst others prefer stretching and massage without the singing bowls.*

*We design the session unique to you.*







*Please contact your concierge to help set up your first  
Session.*