



**Mobile
Mindful
Massage***
Thursday-Saturday

Therapies

***Red Light Therapy not included**

Mindfulness CBT Talking Therapy & Positive Motivational Coaching	£40 per hour
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Reflexology	£35 per hour
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Chakra Cleanse Through Frequency	£30 per 30 minute session
Ionic Foot Spa (Detox through your feet)	£25 per 30 minute session

Massage Techniques	30 mins	60 mins
Swedish Massage	£35	£50
Hot or Cold Stone Massage	£35	£50
Aromatherapy Massage	£35	£50
Lymphatic Drainage Massage	£35	£50
	20 mins	40 mins
Sports Massage	£35	£50
Hoping Ear Candling can be a therapy on its own or added onto a treatment for £10	Ear wax removal	£15

OAP Discount: £10 off any treatment

Contact Charlotte, Earl Avenue, New Waltham, Grimsby. Call 07434 933 700
 Email mindfulawakeninguk@outlookcom
 or Visit www.mindfulawakening.co.uk



Love yourself from the inside out™


Packages

Mindfulness Massage combined with Mindfulness CBT						
Bronze		Silver		Gold		
<p>A unique style of Mindfulness breathing meditation and trauma release is included to reach a higher state of relaxation through breathwork followed by a full body massage with aromatherapy oils.</p>		<p>A unique style of Mindfulness breathing meditation & trauma release is included to reach a higher state of relaxation. through breathwork, followed by a Hot Stone massage which include oils such as CBD and aromatherapy.</p>		<p>A unique style of massage whereby Mindfulness breathing meditation & trauma release is included at the start to help reach a higher state of relaxation. This is blended with a choice of either Swedish massage style or hot stones which includes oils such as CBD and aromatherapy. This package also includes Hopi Ear Candling, Reflexology & a glass of 'hydrogenised water infused with monotomic gold for ultimate healing.</p>		
40 mins	60 mins	40 mins	60 mins	40 mins	60 mins	90 mins
£40	£55	£45	£60	£50	£70	£80
<ul style="list-style-type: none"> Mindful Cognitive Behavioural Therapy Positive Motivational Coaching 		One-to-One 6-8 Sessions		£40 per session or book 4 at a time for £150		
Talking Therapies		Group Sessions inc breathwork- Mindfulness Trauma release & cacao or herbal tea		From £10 per session (min of 6 sessions)		

OAP Discounts (65+)

Ear Wax Removal Treatments	£10
Midweek Massage (30 mins)	£20
'Talk, Tea & Cake' group Thursday 10am -11am booking essential	£10pp



Hi  I'm Charlotte. an experienced Mindfulness Practitioner , Massage & Psychotherapist since 2012.

Now located in New Waltham Grimsby covering surrounding areas in Lincolnshire.

Supporting your mental & physical wellbeing through Mind, Body & Soul therapies.

BESPOKE PACKAGES



Mindful Awakening
SINCE 2012

Learn to love your
OUT.

Full DBS
Checked

See inside

**2 hour Mind Body & Soul Package
£80**

**Mindful Therapy using Maori psychotherapy
Concepts, alongside a full Chakra Cleanse
and body massage**

**Take your power back coaching
available for victims of Domestic
Violence.**

**8 week
Programme**

16 week Programme

Workplace Massage for wellbeing

**Contact me for
packages**

Minimum of 4 people

**Full Detox Package - Red Light Therapy
& Negative Ion Foot Spa sessions (50
minutes each session)**

Set of 6 session

£199

**Power of three Massage (light, frequency
& touch) inc Orynoco Healing Pods**

**This is an additional therapy which can be
added onto any individual therapy session
www.mylifeorceenergy.com**

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Mindful Awakening
- SINCE 2012 -

Wellness Experience

Take a moment. Listen to your body and mind. Let Mindful Awakening immerse you in a personalised wellness experience

Day One

- Introduction to structured hydrogenised water to create inner calmness. infused with Gold, Frankincense Myrrh & healing frequencies
- Red light therapy or Ionic Foot Spa
- Well being assessment based on Maori spiritual concepts
- Chakra cleanse
- Orynoco wellness pod

Day Two

- Structured infused water.
- Evaluate wellness assessment inc signposting
- Massage or reflexology of your choice
- Orynoco wellness pod
- Therapy debrief

£125 two day package can be booked in over two consecutive days or as a week apart.



ONLY
£125

www.mindfulawakening.co.uk/orynoco-pod

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