



Mindful Awakening
- SINCE 2012 -

'The Power of 3' Mindful Massage

Combining colour, sound frequency and touch to
heal and alleviate your body from pain



Colour, frequencies and touch have a psychological effect on your mind, which can effect your mood, and impact on aches and pains within your body.

By infusng colour, frequency & touch, your massage will achieve positive wellness throughout your mind body and Soul.

You can select the type of massage as listed below

- Aromatherapy
- Hot Stones or Cold Stones
- Swedish
- Lymphatic

	30 mins	60 mins
'The Power of 3' Mindful Massage	£40	£60