Mindful Awakening
- SINCE 2012 -

14 YRS THERAPUETIC EXPERIENCE

THE SALTBOX
Mindful Awakening Therapies

MINDFULNESS	ONE TO ONE	2 PEOPLE	PRIVATE GROUP SESSIONS
MINDFULNESS - LEARN THE ART OF IT	£40	£60	TBC
MINDFULNESS COGNITIVE BEHAVIOURAL THERAPY 12yrs upwards	£40	£60	TBC
MINDFUL BREATHWORK, SOMATIC RELEASE AND GUIDED RELAXATION MEDITATIONS	£40	£60	TBC
MOTIVATIONAL MINDFULNESS COACHING - STEP INTO YOUR POWER	£40	£60	TBC
MINDFUL PILATES PRIVATE BOOKINGS	£40	£50	TBC
MINDFUL MASSAGE includes breathwork	£50	-	-
MINDFUL SOMATIC DANCE - EMOTIONAL RELEASE	£40	£50	TBC

Feel free to ask about mix and matching options to suit your health needs

Charlotte 07434933700 Email: mindfulawakeninguk@outlook.com
Prices based on working at Mindful Awakening Therapies

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Swedish Massage & Aromatherapy	30 mins	45 mins	1 HOUR
Full Body	-	£40	£50
Arms, Back and Legs	£30	£40	£50
Back and Shoulders	£30	£40	£50
Head, Neck, Shoulders, and arms	£30	£40	$50
Ask if you wish to mix another option		Prices as above	
Lymphatic Drainage Massage	£35	£45	£55
Reflexology Feet / Hands & Face	-	-	£45
Indian Head Massage includes - Hopi Ear Candling - ear wax removal and Sinus Massage with OXYGEN	£35	£40	£50
Hot or Cold Stone Massage	£35	£50	£55

If you would like to add Hopi Ear Candling to any treatment it is an additional £10

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FACIALS	45	1hr	1hr 30 mins
BASIC FACIAL, Cleanse, Tone, Moisturise, face mask & massage	£30	£40	-
Detoxifying & Lymphatic Facial with Gua Sha and detox mask	£35	£55	-
Illuminating and Brightening Facial inc a Morrocan style face mask used by middle eastern brides the night before their wedding	£40	£55	£60
Youthful Anti Ageing Facial inc firming lotion	£40	£55	£60
Hydra Facial infusion of Oxygen for ultimate vitality and vibrant glowing skin decreasing signs of ageing with Ice hammer, Oxygen injection gun, Radio frequency with Red Light	£50	£75	£89

ALL FACIALS INCLUDE CLEANSE, TONE, MOISTURISE, MASSAGE. UPGRADES AVAILABLE

INFRARED LIGHTING & FOOT DETOX (SKIN TREATMENT)	£30	40 MINUTE TREATMENT
NEAR INFRARED LIGHTING & FOOT DETOX (BONE DEEP HEAT TREATMENT)	£40	40 MINUTE TREATMENT
EAR CLEANING WITH OXYGEN & LYMPHATIC ASSESSMENT MASSAGING KEY POINTS	£22	30 MINUTE TREATMENT

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PACKAGES	1.5hrs £75	2 hrs £88
Option 1 PAMPER PACKAGE	This includes a facial and aromatherapy massage of your choice.	
Option 2 ULTIMATE DETOX PACKAGE	Enjoy infrared light therapy, lymphatic drainage Massage inc mini facial, sinus relief, ear cleansing and a foot spa detox	
Option 3 TRAUMA / EMOTIONAL RELEASE	Somatic Release, Energy Cleanse with Crystal Healing and Hot Stone or Aromatherapy Massage	
Option 3 MIX AND MATCH PACKAGE	Choose a mix of any treatments to suit your own relaxation and health needs	
Mother and Daughter Restore and Reset 4 hrs inc lunch option £159 pp	Mindfulness, Somatic Emotions Release, Salt Room Therapy, Massage for mum and Infrared Sauna sleeping bag option for daughter.	
SALT ROOM GROUP SESSIONS up to 4 - prices vary from £60 - £120 for 4	An hour session to help assist your physical or emotional health needs	

HOLISTIC HEALTH PARTIES ALSO AVAILABLE BESPOKELY CREATED FOR YOUR NEEDS

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ENERGY CLEANSING DETOXING TREATMENTS		
FULL BODY CHAKRA CLEANSE reset your energy systems	£44	45 Minute Session
FULL BODY KATHARA ENERGY CLEANSE reconnecting your energetic biofield and 12 strand DNA with Mindful Breathwork	**£55**	**1 hour Session**
CRYSTAL HEALING MASSAGE	**£50**	**1 hour Session**
INFRARED LIGHT THERAPY RELAXTION WITH HEALING MUSIC	**£30**	**45 Minute Treatment**

INFRARED SAUNA SLEEPING BAG FOR DETOXING WITH THERAPEUTIC HEALING MUSIC AND LIGHTING TO ASSIST YOUR BODY TO FULLY RELAX.	**£40**	**45 minute treatment**
FULL SOMATIC WELLNESS ASSESSMENT - This includes Mind, Body, Nutrition & Soul Analysis	**£40**	**1 hour Session**
Trauma Release - Breathwork, Energy Cleansing with Crystal Healing, Somatic Movement and Guided Relaxation Techniques	**£88**	**2 hour Session**

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