

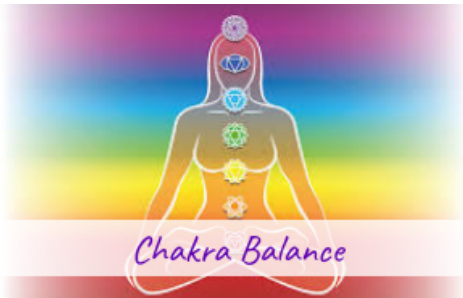


Inner Bliss Healing

MODALITY DESCRIPTIONS



Foot Reflexology



Chakra Balance



Massage



Reiki



Scalp Massage + Essential Oil Hair Treatment



Guided Breathwork

SELECT UP TO FOUR OF THE FOLLOWING MODALITIES FOR YOUR TWO-HOUR INNER BLISS SESSION:

FOOT REFLEXOLOGY

A style of foot massage that stimulates reflex zones and acupuncture points in the feet to promote whole body health and vitality

CHAKRA BALANCE

An energy cleansing technique to remove stagnation and congestion from the key energy centres of your body, allowing positive, energised vital force to flow through your system

MASSAGE

A blend of relaxation and deep tissue massage techniques to target your trouble zones, releasing stress and leaving you feeling pampered and relaxed

GUIDED BREATHWORK

Be guided to harness the relaxing and healing power of deep diaphragmatic breathing to release stress from your body and mind

REIKI

A gentle and powerful hands on healing modality originating in Japan, that allows the transmission of Universal healing energy and love to nourish and balance body and mind

SCALP MASSAGE + OPTIONAL ESSENTIAL OIL HAIR TREATMENT

An exquisitely relaxing sequence of techniques to melt tension from the muscles of the skull and face, with the option to nourish and condition your hair with an essential oil treatment (coconut oil base)