

Winter Wellness Specials

Raindrop & Reiki Session Package

Raindrop session with reiki \$100 (\$125 value)

Support your immune system and your wellbeing with a raindrop session using essential oils and reiki to support mind-body balance.

Acupressure & Reiki Session Package

Acupressure session with reiki \$95 (\$120 value)

Support your body with a comforting acupressure session to relieve muscle aches and soreness from winter weather. The addition of reiki serves to support energetic mind-body balance.

CBD or Ayurveda Abhyanga

Bodywork Session \$90 (\$100 value)

A CBD bodywork session uses CBD infused massage oil applied topically to the body to support physical and mental wellness. This bodywork session is ideal for people who have chronic or acute pain/inflammation and is good for supporting relaxation. An ayurveda abhyanga bodywork session combines massage techniques with all natural ayurvedic herbal oils to support mind-body balance.

Raindrop Session Package

Five Raindrop sessions \$225 (\$400 value)

This package includes five raindrop sessions that combine essential oils and massage techniques to support a person in maintaining mind-body-emotional balance and immune system support.

Yoga Session Package

Yoga consultation & five private yoga lessons \$175 (\$225 value)

A yoga consultation is provided to determine a yoga practice that meets a person's needs. Lessons following the consultation provide individual support in developing a yoga practice that is unique to the individual.

Sessions for yoga, reiki, bodywork & spiritual tarot readings can be booked with Grace. Winter wellness specials run til March 31, 2023.

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