



LOLA PRESENTS

HEAL YOURSELF

李丹心

靈氣



TREATMENTS

NORTH EAST REIKI ACADEMY

TREATMENTS

Traditional Usui Reiki Healing

1 hour : £40

Give yourself permission to rest, let go and fully relax as each of your chakras are gently rebalanced and your body is recharged with positive Reiki energy. You will feel uplifted, calmer and completely rejuvenated both mentally and physically after this treatment.

Karuna® Reiki Deep Emotional Healing

1 hour: £50

Using a range of sacred symbols, Karuna® Reiki is channelled through a higher vibrational energy than traditional Usui Reiki and facilitates deep emotional healing. It is a more prescriptive therapy than Usui reiki and is used to treat a wide range of emotional problems such as PTSD, Anxiety, Depression, Insomnia and Childhood Trauma.

Spiritual Psychotherapy with Karuna®

2 Hours : £80

The original meaning of the word Psychotherapy 'healing of the soul' comes from the Greek words psyche (soul) and therapeia (healing).

This treatment focuses on personal development and growth by helping you to identify areas of imbalance in your life, freeing you from unhealthy patterns and behaviours while reconnecting you to your true (spiritual or higher) self to live an emotionally healthy, happy life.

You will be supported in a safe, non-judgemental, nurturing space where you can fully express your needs. You will then enjoy one full hour of deeply relaxing Karuna® Reiki.

Karuna® Reiki & Crystal Healing with Rose Quartz and

Pure Rose Aromatherapy Oil

1 hour: £65

This treatment helps to restore feelings of deep inner peace, self-love and compassion through the divine energy of Reiki healing whilst your aura absorbs the soothing energies of the beautiful rose quartz crystals.

These will be placed on your face and body while pure rose oil is added to your meridian points to amplify the feeling of serenity while your soul is nurtured during this intensely relaxing and healing treatment.

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Crystal Chakra Balancing with Karuna® Reiki

1 hour: £55

Immerse yourself into this wonderful healing experience where energy work and bodywork unite. Powerful crystals are placed on the body clearing any energetic blocks, opening and returning the chakras to equilibrium.

While the crystals work their magic, you will experience a sense of deep relaxation as the powerful energy of Karuna Reiki is channelled.

This treatment focuses specifically on the feminine chakras to sooth emotions, calm the mind and fully open the heart chakra to self-love, compassion and healing.

Crown to Root - Divine Feminine Luxurious Pamper

1.5 hours : £75

This top to toe blissful pamper is perfect for every divine goddess. The treatment begins with an aromatic aura cleanse and smudge followed by a 15-minute relaxing Indian head & shoulder massage.

Once relaxed you will receive a full hour of deep Karuna® Reiki whilst your body is rejuvenated with the healing energies of crystals, intuitively selected prior to the treatment. The treatment ends with 15 minutes of soothing reflexology using organic aromatherapy oil.

Crystal Chakra Healing with Crystal Sound Bowl Therapy

Single person 1 hour £50

Two people together 1 hour £75

This beautiful therapy begins with an aura cleanse followed by a full body crystal chakra balancing treatment combined with ancient sound therapy.

Enjoy a very deep relaxation as your body bathes in the gentle sounds of the crystal singing bowls while your chakras gently open, releasing tension and stress.

Crystal Chakra Balancing with Bespoke Guided Meditation

1 hour - £50

This is a wonderful treatment to rebalance the body while deeply relaxing the mind. During this treatment you will enjoy the natural healing powers of crystal therapy while being guided through a meditation bespoke to your own needs.

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START YOUR HEALING
JOURNEY TODAY

(e) hello@kambonortheast.com

(m) 07780 809 193

OR VISIT

www.kambonortheast.com



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