



Signature Hypno-Massage *Relax. Reset. Reconnect.*

Experience deep calm for your body and mind.

Drift into a state of total relaxation with a soothing blend of therapeutic massage and gentle hypnotherapy. This unique treatment helps you release tension, quiet your thoughts, and restore balance from within.

There's nothing you need to do or think about, simply rest, breathe, and allow your body and subconscious to unwind naturally.

Choose your experience

Deep Relaxation & Release



A purely restorative experience allowing your body and mind to fully soften and let go. Ideal if you don't have a specific concern and simply want to switch off and relax deeply.

Stress Relief



Supports the release of physical and mental tension held in the body.
Perfect if you're feeling overwhelmed or constantly "on."

Calm and Grounded



A soothing treatment to help you feel safe, steady, and settled in your body. Ideal if you're feeling anxious, emotionally drained, or disconnected..

New to hypno-massage? Deep Relaxation & Release is the perfect place to start.

Where your body rests and your subconscious unwinds



Session options:

The Reset Session-60 minutes A focused treatment for relaxation and mindset reset.

The Deep Balance Experience- 90-minutes A full body and subconscious transformation.

Also Available

Clinical Hypnotherapy & Transformational Work

Online and in-person sessions supporting anxiety, stress, confidence, habits, and emotional wellbeing.

(Includes hypnotherapy, subconscious belief change, and NLP-based techniques.)

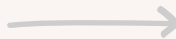
Coming Soon

Balance Within- Oncology massage

Book your session

Sessions from £70.

Scan the QR code to see full details and book your experience.



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