



Reiki Healing & Courses
Emotional Healing
Holistic Massage

Balancing
mindbody&soul

07475 196858
www.balancingmindbodysoul.co.uk
info@balancingmindbodysoul.co.uk



TREATMENTS & SERVICES

Balancing Mind, Body & Soul offers a unique holistic approach to health and wellbeing by looking at healing, developing and integrating the mental, physical, emotional and spiritual aspects of "self", in order for you to experience feeling relaxed, calm, balanced, and to empower yourself to lead a healthy life, free of dis-ease. Choose from attending a Reiki Course, Healing for your emotions or experiencing one or more of the Holistic Therapies on offer, to assist in your personal and spiritual development. Call now to book your appointment with Karyn on 07475 196858 or visit www.balancingmindbodysoul.co.uk

Healing Treatments

Reiki Healing

Reiki is an effective and simple way of tapping into the energies of the body to stimulate more life force energy to help balance the energies of the body, leaving you relaxed and calm.

90mins	30 mins
£50.00	£20.00

Chakra Balancing

By using Colour Oils and Reiki on the chakras or 7 energy centres of our bodies, which can assist with transforming and healing of mind, body and soul. It also brings into balance your physical, emotional, mental and spiritual bodies. Promotes relaxation and inner peace.

90mins	30 mins
£50.00	£20.00

Aromatherapy Massage

The ultimate massage using essential oils helping to relieve stress, pressure and tension in the body. Leaving you relaxed and feeling calm.

60 mins Offer!!! Book 5 sessions get 6th session free!
£40.00



Indian Head Massage

Releases stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders, leaving you truly in a blissful state!

45 mins
£30.00

Body/ Indian Head Massage

Treat yourself to one of the following:

Neck, Back & Shoulders Massage

The ultimate massage using essential oils helping to relieve stress, pressure and tension leaving you feeling relaxed and refreshed.

30 mins
£20.00

Swedish Massage

A deep tissue massage working on the areas of tension caused by stress, bad posture etc. It increases circulation while detoxifying, making it ideal for muscle tone and therefore improving the condition of the skin.

90 mins Offer!!! Book 5 sessions get 6th session free!
£50.00



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TREATMENTS & SERVICES

Hands & Feet

Heavenly Hands – Hands and Arms Treatment

Give your hands and arms the attention they deserve! A soothing massage to soothe tired and achy muscles using aromatherapy oils is applied to arms and hands. Helping to relieve stress and tension in your muscles, improves circulation and leaves you with a sense of wellbeing.

30 mins
£25.00

Happy Feet – Feet & Legs Treatment

A great treatment for those who are on their feet all day. A soothing massage using aromatherapy oils is applied to lower leg and foot, helping to relieve stress and tension in your muscles, improves circulation and leaves you with a sense of wellbeing.

30 mins
£25.00



Products

Colour Mirrors Oils & Spritzers	£30.00 (p+p £3.50)
Oracle Cards	£27.00 (p+p £3.50)
The Language of Light	£17.00 (p&P £3.50)



Gift Vouchers available



Call TODAY! to book your course/appointment on
07475 196858

Reiki Courses (Live & Home Study)

Usui Reiki

First Degree Level	£130.00 (£60 dep)
Second Degree Level	£210.00 (£80 dep) (conversion +£31.38)
Master/Teacher Level	£350.00 (£100 dep) (conversion +£50.00)



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Karyn Elisabeth Farrell



Karyn.Farrell

Skype Sessions

Guidance with Personal & Spiritual Development

	60min	90min	2hour
UK £	£45.00	£55.00	£75.00
Europe €	€58.00	€71.00	€95.00
USA \$	\$72.00	\$89.00	\$120.00