

Reiki Relaxation ~ Leeming Bar

Prices ~ (Price Non-Members / **Price Members**) (As from ~ 22nd March 2019)

Reiki "TREAT"MENTS

Reiki ~ Taster Offer (**1 Only per client / person**) ~ Full Hour £25 / **£25**

Reiki 3 in 21 days after Reiki Taster or as part of our 'Optimise Reiki Package' offer can be repeated

Pre-booked and Pre-Paid £75 (£25 per session) / **£75 (£25 per session)**

Reiki ~ Full Hour £35 / **£30 (If over 1 month since last visit) If less than a month we've reverted to £25**

Where possible we will rotate Reiki practitioner role when Jan is here / off work, we shall no longer be "doubling up" for repeat Reiki sessions, if however, folks wish 2 Reiki Practitioners for their session, there will be an additional cost of £15 for the 2nd practitioner. This can be discussed at time of booking/before commencement of "TREAT"MENT as required.

Our choice of Hot~Stones Massage "TREAT"MENTS

Aromatherapy (Pre-Blended Oils or Blending Consultation) Please ask when booking. (Pre-Blended will be assumed) unless blending requested.

FULL HOUR massage "TREAT"MENT £45 / **£35** expected to take 90 minutes including some 20 - 30 minutes of 'Aromatherapy' blending selecting to create your oil and or cream blend/s for the "TREAT"MENTS. (Less time for pre-blended oils). Please choose from:-

Whole(istic) Facial, Indian Head Massage(Argan Oils if not allergic to nuts) with **FREE Hot~Stones**

****Please note**** Toes to Trapezius(T2T) 90 minutes Massage TREAT"MENT £65 / **£45** expected to take around 2 hours including 20 - 30 minutes Aromatherapy blending(if chosen) & **FREE Hot~Stones.**

Create your very own 'Me~Time Spa' Sessions

"TREAT"MENTS (Massage & Reiki Combination Sessions *subject to Jan being available for Reiki*)

Mini~Spa 1 x 1 hour massage & 1 hour Reiki "TREAT"MENT £75 / **£55 ~ 2 & ½ to 3 hours approximately**

Ultimate~Spa 90 mins (T2T) Massage & 1 hour Reiki "TREAT"MENT £80 / **£60 ~ 3 to 3 & ½ hours approximately**
For latest prices and offers please see the link below

www.121-training.net/ReikiRelax/prices.html

Reiki Courses

Jan & Mark are Reiki Master Teachers / Advanced Reiki Practitioners, we teach all levels of Usui Reiki including Reiki4Kids from the comfort of our home in Leeming Bar. Reiki L1 & L2 £175 per student, reduced to £150 per student Minimum TWO Maximum FOUR students on course.

Flexible Study & Support L3a £210 (Reiki Master Practitioner) L3b £250 (Reiki Master Teacher)

per student per level

Course dates listed on www.121-training.net/ReikiRelax/learnreiki.html

We can arrange mutually agreeable course dates if our advertised dates do not meet your schedule. (*Please call for course / pricing information*).

Please contact us to book or enquire

01677 422996 or 07540 615485

Please note, you can save with us in our 'set aside fund' option to help you save towards "TREAT"MENTS or courses too.

Full booking & appointment, cancellation T's & C's on our web-site. www.121-training.net/

We do offer discounts as a 'loyalty & regularity' offer to clients who visit us regularly, so we will honour the DISCOUNTED MEMBER PRICE if your "TREAT"MENT is within 6 months of the previous one otherwise the full price will apply..