



OPENING THE WINDOW TO YOUR SOUL

A photograph of a woman lying on her back, eyes closed, receiving a head massage. Her hands are resting on her forehead. The background is a patterned fabric with floral and geometric motifs. A white starburst graphic is positioned to the left of the text.

*Indian  
Head  
Massage*



OPENING THE WINDOW TO YOUR SOUL

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INDIAN HEAD MASSAGE IS A RELAXING HOLISTIC TREATMENT THAT STIMULATES THE FLOW OF BLOOD, LYMPH, AND OXYGEN IN THE UPPER BODY.



DURING THIS VERY SPECIAL HEALING MASSAGE YOU WILL RECEIVE CRYSTAL & REIKI HEALING ALONGSIDE ANCIENT MASSAGE TECHNIQUES OF THE LOWER BACK, SHOULDERS, NECK, SCALP & FACE WORKING HOLISTICALLY ON A PSYCHOLOGICAL, EMOTIONAL, AND SPIRITUAL LEVEL TO HELP BRING A FULL BALANCE MIND, BODY & SOUL.

YOU WILL RECEIVE THIS MESSAGE IN A SEATED POSITION, YOU CAN CHOOSE WHETHER YOU WOULD PREFER TO BE FULLY CLOTHED, OR YOU WILL BE OFFERED THE OPPORTUNITY TO RECEIVE THE MASSAGE SKIN ON SKIN, USING THE HEALING PROPERTIES OF ESSENTIAL OILS.



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IF YOU CHOOSE TO BENEFIT FROM THE HEALING PROPERTIES OF ESSENTIAL OILS, ONLY THE SHOULDERS & LOWER BACK WILL NEED TO BE ACCESSED.

YOU WILL BE TAKEN INTO A STATE OF RELAXATION WITH SOUND THERAPY BEFORE THE MASSAGE BEGINS, WHICH WILL ALLOW TO YOU TO FULLY EMBODY THE HEALING MASSAGE TREATMENT.



DURING THE TREATMENT A VARIETY OF MASSAGE AND STRETCHING MOVEMENTS ARE USED TO RELEASE TENSION ACCUMULATED IN THE MUSCLES, TISSUES AND JOINTS OF THE HEAD, FACE, NECK AND SHOULDERS ALONG WITH ACUPRESSURE TECHNIQUES THAT ARE APPLIED TO STIMULATE SPECIFIC ENERGY POINTS IN THESE AREAS.

A INDIAN HEAD MASSAGE TREATMENT FOCUSES ON THE UPPER BODY WHICH RELEASES TOXINS FROM TENSE AND KNOTTED MUSCLES, THE OTHER BENEFITS ARE:

- REDUCES JAW ACHE.
- STIMULATES LYMPHATIC DRAINAGE.
- IMPROVES OXYGEN FLOW TO THE BRAIN.
- REDUCE STRESS AND FATIGUE.
- IMPROVE MENTAL CLARITY AND FOCUS.
- IMPROVE HAIR CONDITION & STIMULATES RE GROWTH.

THIS VERY SPECIAL HEALING TREATMENT ENCOURAGES THE BODY'S PRODUCTION OF SEROTONIN, A CHEMICAL THAT ELEVATES MOOD AND REDUCES PSYCHOLOGICAL STRESS, HELPING RELEASE TENSION AND CONGESTION THROUGHOUT THE BODY TO FACILITATE IMPROVED NEURAL COMMUNICATION WHICH BENEFITS THE ENDOCRINE, IMMUNE, AND NERVOUS SYSTEMS.

THIS TREATMENT CAN BE ADAPTED FOR A WORK BREAK DURING LUNCHTIME OR A FULLY IMMERSIVE SESSION BOTH OF WHICH YOU WILL RECEIVE HUGE HEALING BENEFITS, LEAVING YOU FEELING RESTED, REJUVENATED, DE-STRESSED, MOTIVATED, AND ENERGISED.

# *Spiritual Indian Head massage*

INDIAN HEAD MASSAGE WHICH FOCUSES THE MIND, SPIRIT  
AND BODY. MASSAGING THE UPPER BACK, NECK, HEAD, ARMS  
HANDS & FEET.

*£45*

PLEASE DO NOT HESITATE TO CONTACT ME IF YOU HAVE ANY  
QUESTIONS,  
I VERY MUCH LOOK FORWARD HOLDING SACRED SPACE FOR  
YOU.

WITH SO MUCH PEACE, LOVE & MANY BLESSINGS

*Laura*

*Xx*

REIKI MASTER, CRYSTAL HEALER, LIGHTWORKER,  
VIBRATIONAL SOUND THERAPIST & CEREMONIAL CACAO  
PRACTITIONER



• SACRED SELF CARE •

*With*

• LAURA HORNE •

HEALING OFFERINGS

• REIKI • ANGELIC REIKI • CRYSTAL HEALING •

SOUND THERAPY • REIKI DRUM •

• SHAMANIC JOURNEYING •

• SPIRITUAL INDIAN HEAD MASSAGE •

• TO BOOK YOUR HEALING SESSION WITH ME VISIT •

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