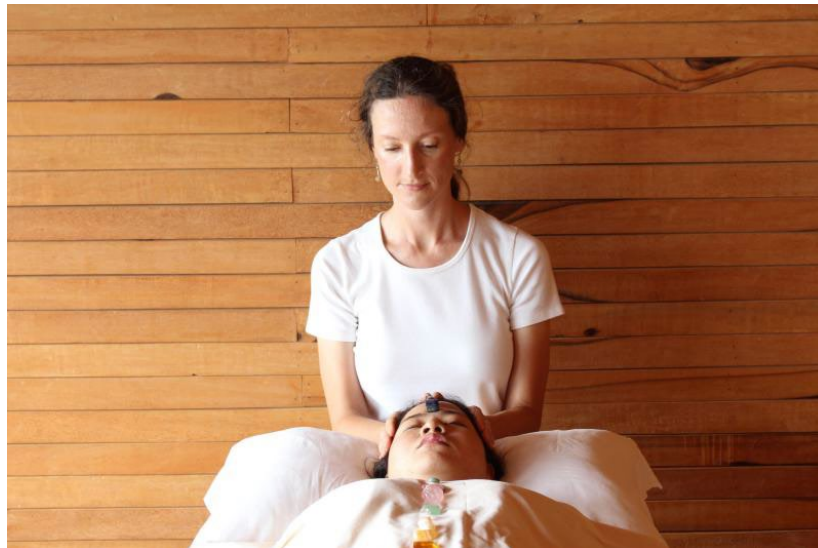




# Visiting Wellness Practitioner Jill Banwell

**Reiki | Crystal Healing | Massage Therapy**



Jill grew up close to nature, in a little village in Somerset, England. After studying Natural Sciences at Cambridge University, Jill first encountered the healing arts over 20 years ago. Since then she has explored the fields of Reiki, Therapeutic Tarot Reading, Crystals, Yoga, Massage Therapy and Meditation. Journeys to sacred sites around the world have helped her to become a more open channel for healing energies. Jill finds fulfillment in gently guiding people to experience a deeper, more harmonious level of themselves and life.

## **Crystal Healing Massage Journey**

During this tailor-made oil massage treatment special crystals are placed on your chakras (energy centres) so you can benefit from their high vibrations. Following the massage, when you are fully grounded in your body, Jill will continue with reiki energy healing to complement the effects of the crystals. Benefits include: rebalancing, stress relief and tension release, leaving you feeling peaceful and calm.

## **Crystal Chakra Balancing**

Beautiful healing crystals are placed on your chakras (energetic centers) to benefit all levels of your being. While your body, mind and spirit absorb the high vibrations of these special stones, Jill gives you a hands-on reiki healing to amplify the effects. This healing treatment cleanses, energizes, calms, inspires and rebalances.



# Visiting Wellness Practitioner Jill Banwell

**Reiki | Crystal Healing | Massage Therapy**

## **Therapeutic Tarot Reading Consultation**

Jill uses the tarot as a tool for self-development and life coaching. The spiritual guidance offered brings you peace, healing, clarity, and understanding, offering you a higher perspective and shining a light on the way ahead. You are welcome to approach the cards with general curiosity, or with any specific issues or questions about your life.

## **Emotional Detox (Reiki) Treatment**

If you have been under a lot of stress lately, or if you had some difficult experiences in the past, then this treatment could be ideal to help you to rebalance. During the treatment Jill uses hands-on reiki energy healing, breath work, creative visualization and positive affirmations to help you to let go of the internal pressure in a healthy way so that you can come back to yourself in a deeply harmonized state.

## **Children's Healing & Massage Combo**

Choose your favorite crystals from Jill's collection. Then receive a special combination of crystal healing, reiki and massage. This treatment has been appreciated by both smaller and older children. Jill mixes massage and healing throughout this child-led treatment according to the needs of each moment.

## **Intuitive Massage Treatment**

Holding a nurturing space, Jill intuitively uses a combination of bodywork techniques to encourage you to relax and let go, according to your personal needs and preferences. During the massage you can also receive some hands-on reiki healing to bring you into an even deeper state of balance, relaxation and release.

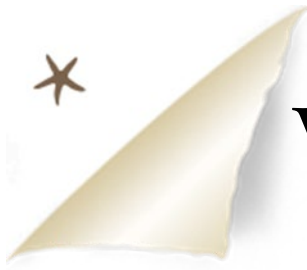
## **Deep Intuitive Massage Treatment**

A deeper treatment including deep tissue techniques on targeted areas of the body where habitual reactions to stress have caused tensions to accumulate, such as in the shoulders, back and neck. Jill works to release this physical pressure from your muscles to leave you feeling more comfortable and peaceful in your body and mind.

## **Retention Relief Massage Treatment**

This treatment addresses blockages in the digestive system and water retention. A firm, rhythmic abdominal massage focuses on the large intestine, together with massage techniques to reduce bloating. Water retention in the legs, ankles and arms can also be relieved. Relevant pressure points are stimulated to aid the process.





# Visiting Wellness Practitioner Jill Banwell

## Discover your experiences

*Visit Claude for a complimentary consultation to achieve your personal needs and goals and begin your journey toward well-being*

✦ Crystal Healing Massage Journey 90 minutes	\$ 300
✦ Crystal Chakra Balancing 60   90 minutes	\$ 250   \$300
✦ Therapeutic Tarot Reading Consultation 60   90 minutes	\$ 250   \$300
✦ Emotional Detox (Reiki) Treatment 60   90 minutes	\$ 250   \$300
✦ Children's Healing & Massage Combo 60 minutes	\$ 250
✦ Intuitive Massage Treatment 60   90 minutes	\$ 250   \$300
✦ Deep Intuitive Massage Treatment 60   90 minutes	\$ 250   \$300
✦ Retention Relief Massage Treatment 60 minutes	\$ 250

*Advance reservation is essential please contact your Friday or spa at 5457  
Price are quoted in USD dollar are subject to 23.2% service charge and goods and service tax*