

WELLNESS BY KERRY GREZL

SERVICES MENU

INVOKE HEALING JOURNEY

1HR MIN \$110

Experience the transformative energy healing of Reiki, a gentle and powerful practice. You will emerge feeling nourished and recharged. We start with a few minutes of deep breathing and guided relaxation meditation to assist in bringing you into a state of deep relaxation. Kerry intuitively selects your Aust. Bush Flower Essences and Shemana products to support your journey. We then rebalance your 7 chakras with healing crystals, followed by a Reiki gentle healing session, an ancient Japanese hands on healing technique that harmonises your energy. This session is designed to be the ultimate in relaxation and stress relief or recovering from an illness, you will leave feeling totally relaxed and in a state of pure bliss. It's a sacred pause. Included sound healing and holistic wellness products to support your journey. (Note: This is not a massage)



RESET MEDITATION RITUAL

1HR \$100

Are you needing sometime out to learn how to relax?

A Sacred Reset for the Mind, Body and Soul. This gentle yet powerful session invites you into a deep state of relaxation when conscious mind softens and the subconscious opens to healing. Experience this transformative Cleansing Ritual supporting you is the Shemana Crystalline and Elixir products, designed to clear your energetic field. Selected healing crystals are placed upon your body. Kerry will then intuitively select a 20 min holistic meditation focusing on deeply relaxing the mind, body and soul and a full body integration. Finish your session with the soothing sound of a crystal bowl. **BONUS** on your first session receive a download by email of a grounding Body Scan Meditation video to practice at home.

