I have been working within the alternative health field for over 20 years. Essentially, my work is about assisting clients to open to the wisdom of their highest self which, in turn, paves the way to profound healing and self-liberation.

Drawing upon my extensive trainings in Bodywork, Meditation and Shamanism, I am able to hold a safe space; acting as a strong container of dynamic stillness within the relational field. This ensures that each session is intimately attuned to my client’s individual moment-to-moment needs. Working co-creatively and synergistically, we can thus begin to deepen into the natural intelligence of the health system, so that the wisdom of the body can freely choose what to prioritise and at what pace.

Whatever issue may be presenting, be-it physical or psycho-emotional; we take the journey together, embracing dimensions of body, soul and spirit.
Swedish massage  
(Full body 1 hour, £40)  
A deeply relaxing yet invigorating massage, which helps to reduce physical and emotional stress, improves the circulation and strengthens the immune system.

**Back, neck and shoulders massage**  
(30 minutes, £25)  
A therapeutic treatment, which targets specific muscular tension held in the back, neck and shoulders. Includes the use of trigger point techniques.

**Back, neck, shoulders, scalp and face massage**  
(45 minutes, £30)  
Back, neck and shoulders massage, incorporating a soothing scalp and face massage; excellent for the treatment of headaches and sinus congestion.

**La stone therapy**  
(Full body 1 hour 15 minutes, £45)  
A deeply nourishing and detoxifying massage, rooted in the Native American Shamanic tradition. Volcanic basalt stones and cool marble stones are employed in combination with Swedish massage techniques to flush out and rejuvenate the entire system.

**Lava shell massage**  
(Full body 1 hour 15 minutes, £45)  
A blissful therapeutic massage to soothe away aches and pains. The smooth porcelain shells, when heated and used in combination with specific massage techniques, transfer calcium ions to the body which help reduce water retention and rejuvenate the skin.

**Indian head massage**  
(45 minutes, £30)  
A calming, rejuvenating massage which begins on the upper back and shoulders, moving to the neck scalp and face. Brings relief to symptoms of stress, fatigue head tension and sinus issues.

**Hopi ear candling**  
(45 minutes, £30)  
An ancient Hopi Indian treatment, using medicinal herb and beeswax candles to gently remove debris from the ear canal. Effective in the treatment of excessive wax, migraines, sinus congestion, tinnitus and vertigo. Includes a relaxing neck, face and scalp massage.

**Reflexology**  
(1 hour, £40)  
A non-intrusive complementary therapy, which uses pressure point techniques to stimulate reflex zones on the feet/hands. It aids in a wide spectrum of health issues, promoting relaxation and well being on all levels.

**Reiki healing**  
(Full body 1 hour, £40)  
Reiki, meaning ‘Universal Life Force’ is an ancient Japanese healing art, which brings relaxation and balance on all levels. Healing energy is channeled into the client’s body in a system of non-intrusive hand positions encouraging the self-healing mechanism of the body.

**Shamanic healing**  
(1 hour 30 minutes, £70)  
Shamanic healing employs the use of powerful time tested techniques, which have been found to exist in Tribal communities across the globe for millennia. The session is carried out in partnership with Spirit and in tandem with the client, guiding them on their path of health, wellbeing, personal empowerment and spiritual growth. Shamanic healing can transform, sometimes miraculously, issues that have been struggled with for years.

**Shamanic drum circles...**  
I facilitate regular Shamanic Drum circles in and around Dorset and Hampshire to mark moon cycles and wheel of the year festivals.

For more information please visit my Facebook page:  
[Facebook](dreamingbeardrumcircles)