



JOY MARKWELL

Joy offers transformative Energy & Chakra Balance Sessions designed to support journeys toward balance, alignment, and inner harmony. These sessions focus on clearing away energies, patterns, and blockages that no longer serve clients, creating space for renewed vitality and purpose. Through intuitive guidance and energy work, Joy helps realign natural flows, creating a deep connection to the authentic self. This process promotes emotional clarity, mental focus, and spiritual harmony, allowing clients to embrace life with greater ease and resilience.

Emotional Healing

1 hour 30 minutes **£320**

Recommend a course of 6 sessions **£1,600**

Joy's hands-on Emotional Healing Sessions are tailored to restore balance, alignment, and vitality by clearing stagnant or blocked energy. These sessions promote deep relaxation and healing by targeting physical, emotional, and energetic imbalances. Through intuitive energy work, Joy creates a space for renewal, leaving you feeling grounded, revitalised, and aligned with their true selves. This holistic approach not only creates inner peace but also enhances overall well-being, encouraging clarity, resilience, and a greater sense of harmony.

Consulting for Clarity

1 hour 15 minutes **£265**

Recommend a course of 6 sessions **£1,325**

Joy's Consulting for Clarity sessions offer personalised one-on-one guidance designed to provide deep insight and awareness. These sessions help you identify and release limiting energetic patterns while aligning with their highest intentions and goals. Through intuitive conversation and tailored support, Joy empowers you to gain clarity, make aligned

decisions, and navigate life's challenges with greater ease and purpose. Each session creates a sense of direction, helping you move forward with confidence and a renewed sense of alignment.

Emotional Healing Retreat

The Emotional Healing Retreat is a transformative one-day experience focused on releasing deep-seated emotional patterns and restoring inner balance. This immersive retreat offers a safe, nurturing space for emotional healing, helping participants clear blockages, process unresolved feelings, and reconnect with your authentic selves. Through a combination of guided emotional release techniques, meditation, and reflective practices, this retreat creates emotional clarity, inner peace, and resilience. Perfect for those seeking to heal and rejuvenate, the Emotional Healing Retreat supports profound personal transformation and lasting emotional well-being.

- Consulting for Clarity 1 hour 15 minutes
- Signature Oriental Qi Massage 1 hour 30 minutes
- Healthy lunch in Roseberry
- Emotional Healing 1 hour 30 minutes £320

Enhance the experience and combine with an overnight stay for the ultimate wellness escape. Pricing on request.

Energetic Hypnosis

1 hour

£220

This treatment combines the alignment of energy balancing with a focus on calming mindset and serenity. A deep relaxation experience relieving stress and bringing balance for mind, body & soul.