



## LEAH POWELL

Leah is a certified Sound Therapist whose holistic treatments are renowned for their transformational and deep inner healing properties. Through her extensive experience, Leah has mastered various powerful ancient healing tools, such as the gong and singing bowls and uses this knowledge in her sessions to induce deep meditation, altered states of consciousness and cellular regeneration.

### Immersive Sound Bath

1 hour	£250
1 hour 30 mins	£325

This treatment combines the soothing harmonics of high healing frequency instruments, such as the Gong and Crystal Singing Bowls, producing powerful vibrations that resonate deep within the body. The frequencies help create total silence within as you tune into heightened states of awareness. Renowned for its regenerative and deep inner healing properties, this treatment restores harmony to the body and mind.

### Gong Therapy

1 hour	£225
--------	------

Designed to induce deep meditation and cellular regeneration, this treatment uses the powerful vibrations of the Gong, a transformational ancient healing tool, to promote wellbeing and holistic resonance. The vortex of tones relieves restlessness in the mind as you fall into a deep meditative state, leaving you feeling renewed, transformed and perfectly balanced.

### Crystal Sound Bath

1 hour	£225
--------	------

This treatment uses pure crystal sound frequencies to invite gentle yet powerful restorative processes to nurture the mind and body. The Quartz crystal singing bowls

produce ethereal tones that restores tranquillity to the mind and awakens the body's potential to heal itself. These soothing frequencies induce a meditative state that encourages relaxation and reduces the effects of long-term stress.

### **Crystal Yin Yoga**

**1 hour** **£225**

**1 hour 30 mins** **£275**

Experience a new level of relaxation as you stretch, bend, and breathe whilst being bathed in deeply nourishing crystal frequencies. By holding postures for a longer duration, Yin Yoga strengthens the connective tissue and increases flexibility of the joints. Combined with the gentle, yet profoundly healing frequencies of the Crystal Singing Bowls, this session eases physical tension and emotional stress, whilst refocusing a busy mind.