

meraki

What is chakra rebalance?

Deeply meditative, this experience brings the body's seven main Chakras into alignment through a fluid combination of massage, specific essential oil blends and healing crystals. This unique experience leaves guests feeling calm and in a state of harmony, resulting in an increased feeling of wellbeing.

Chakra Balancing is a form of energy healing that focuses on channelling energy into the seven chakras. When we talk about treating chakras we are referring to treating your energetic body. The body is not only made up of the physical body, we have an energy that extends beyond our physical wellbeing.

These chakras bring in and emit energy which flows in our day to day lives. Each chakra relates to a different part of our life and being. In time of struggle or change the energy can stop flowing freely and cause the Charka(s) to become blocked or imbalanced. These blockages can manifest in many ways. For example, the throat chakra is strongly linked to communication, if you are in a relationship where you are not able to say how you truly feel you may lose your voice physically.

The treatment aims to identify any possible blockages in the guest using crystals, essential oil blends, massage and energetic techniques. The aim is to release any chakra blockages and promote a free flow of energy to restore balance and a sense of wellbeing. By balancing your Chakras you may be able to:

1. Remain calm within your everyday life
2. See challenges for what they are, and not be as affected by them.
3. Overcome past life experiences which could have left their mark on you.
4. Help others without their problems affecting you.
5. Develop confidence, energy, freedom and happiness to feel good about yourself and life every day

The experience during a chakra treatment will vary with some experiencing an emotional release during or after the treatment. The aim is to leave you feeling completely relaxed and refreshed with a great sense of calm and over-all well-being. This is a perfect treatment for someone going through anything significant in their life or for anyone wanting to maintain balance, wellbeing and energetic health.

