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ADDITIONAL SERVICES

HOLISTIC WELLBEING PACKAGES HOSTED BY

Pen y Bryn Farm Holiday Cottages

Enhance your stay or afternoon escape with our specially selected range of Holistic Wellbeing Packages. Provided by local therapists in the comfort of our cottages or farmhouse.

OUR ONE 2 ONE AND SMALL GROUP THERAPY SESSIONS ARE METICULOUSLY CRAFTED TO OFFER YOU AN OASIS OF RELAXATION AND REJUVENATION, HOWEVER YOU CHOOSE TO UNWIND



GROUP SESSIONS

SOUND BATH GONGS*
SOUND BATH CRYSTAL BOWLS
SOUND AND DANCE*
ART AND MINDFULNESS
MEDITATION
REIKI DRUMMING
REIKI BOWLS
WITCHCRAFT WORKSHOP
OUTDOOR YOGA
GROUNDING SESSION
CHAKRA CLEANSE
*Farmhouse Only **

DISCOVER
PURE
BLISS

ONE-2-ONE SESSIONS

REFLEXOLOGY
REIKI
INDIAN HEAD MASSAGE
TAROT READING
PSYCHIC READING
REIKI DRUMMING
REIKI BOWLS
MASSAGE
MEDITATION
CHAKRA BALANCE
CRYSTAL AURA CLEANSE
CRYSTAL BATHING

BOOKING & ENQUIRIES

07557 878463

penybryncottages@gmail.com

Sound Bath Gong - Group only

From £240



A sound bath is a meditative experience where participants are immersed in the resonant and soothing tones of gongs, often alongside other instruments like singing bowls and chimes. During a gong sound bath, the vibrations produced by the gongs create a deeply relaxing environment that can help quiet the mind and promote a state of inner peace. The sound waves envelop the body, encouraging a meditative state that can enhance emotional well-being and reduce stress. The benefits of sound healing are numerous, as it is believed to facilitate emotional release, balance energy, and promote mental clarity. Participants often report experiencing a profound sense of relaxation, improved mood, and a renewed sense of energy following a session. As the gongs' vibrations resonate with the body's natural frequencies, they can help realign any imbalances, promoting overall physical and emotional health.

Sound Bath Crystal bowls

Sound baths offer an opportunity to sit with yourself in sound, to release any heaviness & to centre & destress. Through guided meditation & the beautiful sounds of the alchemy crystal healing bowls plus many other healing instruments, you return to yourself, find clarity & feel renewed and restored.

The soothing sounds help heal your nervous system. You can think of it as a deep tissue massage for your cells and your soul.

No previous experience is needed, just show up as you are, roll out a mat and create a cosy little nest for you to rest a while.

Not suitable for first trimester or for pacemakers

1 hour session



Dance and Movement

Yoga
Pilates
Tai chi
Dance
Drum & Movement
Sound & Movement

Groups Only

Prices start from £15
per person

Physical movement, whether through exercise, dance, or yoga, stimulates the release of endorphins, the brain's feel-good chemicals, which help reduce stress and improve mood. This physical activity also increases blood circulation, which can alleviate symptoms of anxiety and depression. Moreover, movement encourages mindfulness and self-awareness, allowing individuals to tune into their emotions and process them more effectively.



Art and Mindfulness

Our Art and mindfulness sessions are designed to help you get in touch with your crafty side while enjoying the natural beauty of your surroundings.

Bespoke sessions designed specifically for you.

Get together with your besties and make a meaningful gift for the guest of honour to take home and treasure or enjoy a mindfulness walk in nature and collect items from outside to create a handcrafted souvenir of your stay.

Let us know your Theme and we can design the perfect arty package for your group.

2.5 hour session includes materials



£120

Meditation,



Escape the hustle and bustle of daily life and immerse yourself in the serenity of nature with our exclusive Guided Meditation Experience. This journey invites you to reconnect with your inner peace amidst the gentle whispers of leaves and the soothing melody nature. Led by our experienced meditation guide, you'll explore mindful breathing techniques and visualization exercises designed to awaken your senses and promote deep relaxation. Whether you're a seasoned meditator or new to the practice, this rejuvenating retreat offers a unique opportunity to find harmony within and around you. Join us and discover the profound benefits of meditation in nature—where every breath is a step toward tranquility and self-discovery. Book your spot today and let nature be your sanctuary.

Chakra Cleanse

Unlock the power within and embark on a transformative journey with our Chakra Cleansing sessions including Crystal Dowsing and Guided Meditations. Harness the ancient wisdom of crystals to balance your energy centers, promoting healing and harmony in mind, body, and spirit.



Group Sessions £100

From £45 per hour One 2-One Reiki



Japanese form of energy healing, promotes relaxation, reduces stress, And anxiety through gentle touch. Can help with clearing the energy wheels (Chakras) to bring the body back to grounding and balance.

Reiki Drumming



Reiki Drumming is a unique healing practice that combines the gentle energy of Reiki with the rhythmic vibrations of drumming. This technique is designed to enhance the flow of positive energy, promoting deep relaxation and stress relief. The rhythmic beats of the drum serve as a powerful tool to help individuals enter a meditative state, facilitating emotional release and mental clarity. By aligning the mind, body, and spirit.

Reiki bowls



Enhance the flow of energy and promote relaxation. Reiki bowls produce soothing vibrations and tones that can help reduce stress, improve mental clarity, and facilitate a deeper meditative state. The benefits of incorporating Reiki bowls into healing sessions include enhanced emotional balance, increased spiritual awareness, and a greater sense of overall well-being.

Crystal Bathing



Designed to harmonise and rejuvenate the body's energy centers through the use of specific crystals. Allowing the natural vibration system to interact with the bodies energy fields to enhance your overall sense of well-being.

From £45 One 2 One
Group price on application

Crystal Aura Cleanse

Discover the transformative power of a crystal aura cleanse, an invigorating experience designed to rejuvenate your mind, body, and spirit. This unique session harnesses the healing energies of carefully selected crystals to cleanse your aura of negative vibrations, leaving you feeling refreshed and balanced. As the crystals work their magic, you'll experience a deep sense of peace and clarity, unlocking your inner potential and enhancing your overall well-being. Whether you're seeking to release stress, improve focus, or simply indulge in self-care, our crystal aura cleanse offers a holistic approach to revitalizing your energy. Embark on this journey of renewal and let your true essence shine brighter than ever before.



Witchcraft workshop

Make some magickal memories with a difference when you delve into the wonderful world of witchcraft in one of our tailor made workshops. Be guided by a real life witch as you make your own protection charm, learn to build a crystal grid or work some candle magick.

1.5 hour Session

Price on application



Group rate £40 each for 30 min session min 5 people

ONE-2-ONE available price on application

Massage

Aromatherapy Relaxing Back, Neck & Shoulder Massage

A slow, gentle and deeply relaxing back massage, using a bespoke blend of essential oils to suit your emotional and physical needs.

Aromatherapy Facial & Scalp Massage

A truly relaxing, gentle massage to really float away too using a bespoke blend of oils.

Leg & Foot Energiser

Massage to Relieving areas of muscle tightness and tired feet

Using bespoke blend of oils.

Indian head massage



This uplifting massage relieves stress and tension and improves mental clarity. This is carried out in a seated position and works on areas of tension in the neck, shoulders and scalp. A bespoke blend of essential oils are used for this treatment.

Feet Reflexology

Working on specific zones of the feet to bring the body into balance to enable healing.

As a Level 5 Reflexologist the treatment can be adapted to help with different ailments ie Menopause/Lymph Drainage



Tarot



Psychic Reading



Price on application