

HOLISTIC THERAPIES

SERENE HEALING
@ OXTON BARNES

HOLISTIC TREATMENTS

Glow & Restore Ritual - 1 HR

More than just a facial, the Glow & Restore Ritual is a restorative experience designed to nurture both your skin and wellbeing. Combining a relaxing holistic facial with Reiki energy healing, this treatment encourages deep relaxation, supports the nervous system and creates space for you to completely unwind.

Holistic Facial - 45 MINS

A deeply relaxing facial designed to nourish the skin while giving you time to slow down and unwind. Combining gentle skincare products with soothing facial massage techniques, this treatment helps promote relaxation, support healthy skin and leave you feeling refreshed and glowing.

Ground & Restore Ritual - 1 HR

Combining grounding techniques, Indian head massage and Reiki, this treatment helps release tension, restore energy flow and promote deep relaxation

A deeply calming experience designed to support the nervous system and bring the body back into a state of balance. Includes consultation, massage, Reiki, oracle card insight and grounding time.

Reiki Healing - 45 MINS

A deeply calming full-body Reiki session designed to support the nervous system, release energetic tension and bring the body back into a state of balance. This gentle yet powerful treatment works on an emotional and energetic level, allowing you to fully relax, switch off and reconnect with yourself. Includes consultation, intuitive Reiki energy healing, chakra balancing and grounding time, with optional oracle card insight for closing guidance.

Indian Head Massage - 45 MINS

Using rhythmic massage techniques and nourishing oils, this treatment helps improve circulation, ease tension and support overall wellbeing. Includes consultation, breathwork, massage (focusing on back, shoulders, neck, face & scalp) and grounding time.

Crystal Healing - 45 MINS

Working with the natural frequencies of crystals, this treatment supports energetic alignment, clears blockages and promotes a sense of calm and wellbeing. Includes consultation, chakra scan, crystal placement, gentle Reiki support and grounding time.