

# Soulstar @ The Bay Series



## INTRODUCTION

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This is where your transformation takes a quantum leap. These aren't just treatments – they're bespoke experiences, meticulously crafted to ignite profound shifts in your mind, body, and soul.

I believe I have combined the best of proven therapies and powerful modalities to create something truly extraordinary – a fusion of healing energies designed to bring you back to your authentic self.

If you're ready to elevate your life and catapult into the greatness you deserve, these treatments are your gateway.

Soulstar is about more than just relaxation; it's about deep, soulful regulation and reconnecting to the essence of who you are.

This is your invitation to come home to your being, to experience the kind of spiritual awakening that sets you on a new path of living fully and freely.

Don't just heal – elevate. Don't just live – thrive. **Soulstar@THEBAY** is where your journey to true connection begins.

Ready to kickstart your transformation?  
Let's make it happen.

**07862 222021**

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## SURRENDER @ THE BAY – £60

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A deeply nurturing treatment designed to allow the mind, body and spirit to just let go. To surrender into the present moment and just BE. Gentle breath work opens the session with a focus on resetting the central nervous system, dropping the body down into a flow state and taking you out of hyper vigilance. This is an instant relaxation.

The treatment opens with a powerful breathwork session, elevating your mind, before a grounding and rooting meditation sequence.

The feet are soaked in crystal waters while the scalp is massaged to release the mind. This is where the “journey into surrender” really starts to free fall and connect the entire being. It’s in this moment when all you can feel is that “bliss out baby” kind of sensation.

Body work follows with a nurturing massage of full prone position using a soft, warm soy wax candle. Finishing with a soft wash of sound and sealing the grounding connection.

All the weight drops to the earth and your root chakra is clear, and embedded you feel totally connected to the earth and your warrior state. Aided albeit with a red Jasper grid to build the spirit and aid the release.

This treatment is best served late afternoon, early evening. It is the end of the day chill vibe and not recommended if you have anything to do after. So clear your diary and make a space as this is a treat you will not forget.

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## BALANCE & HARMONY – £60

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This treatment is restorative enriching – encapsulating the power of the breath with the nurturing touch of massage.

Commencing with a ritual that delicately flows into a 5 wave Qigong breath sequence.

This flow of movement and breath centres round the 5 elements of wood, fire, earth, metal and water, bringing together the synergies of one's energy and the entire universe to align the mind, body and spirit.

Centred and grounded the journey of an aroma essence message then follows.

Sound can be added to this treatment to intensify harmony with the joy of frequency.

Designed for all ages, this treatment can be taken any time of day, as it isn't time specific.

For any one who feels a little meh, out of sync, detached, disassociated or who feels they have too much cortisol in the body.

If you need balance, or, if you need harmony in your life, this treatment is essential.

It's the first aid kit for the mind, body, & spirit.

No band aid is needed after this treatment.

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## EMPOWER & TRANSFORM – £60

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### **Unleash Your Inner Goddess**

This treatment is all about awakening your inner Goddess. Think of it as “going inward to power outward.”

### **Opening Ritual: The 60-Second Resilience Code**

The session begins with a 60-second resilience code tapping sequence that focuses initially on the mind. This ritual sets the stage for transformation, helping to release any mental blocks and prepare you for the journey ahead.

### **Deep Breathwork: Centering the Spirit**

Next, we move into deep breathwork, which paves the way for an empowering “inner healer” strengthening meditation. This meditation is designed to transform both your self-perception and the energy of the space around you.

### **Bodywork: Affirming at a Cellular Level**

The bodywork begins with a sound shower, which resonates at a cellular level to affirm your intentions and enhance your healing experience.

### **Completing the Cycle: Massage and Crystal Grid**

Following the sound shower, we enter the bodywork phase to complete the cycle of connection. A nurturing massage combined with a carefully arranged crystal grid works to heal and close the outer space of the treatment, grounding your experience.

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Empower & Transform

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## RESET @ THE BAY - £49

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### **A Micro-Boost of Magic: 60-Minute Reset Experience**

This dynamic one-hour session combines powerful modalities to create a transformative change in your well-being. Here's what you can expect:

#### **Stress Reduction Breathing**

We begin with a 10-round breath sequence featuring Andrew Huberman's "physiological sigh" technique. This scientifically-backed breathing pattern involves two inhales followed by a long exhale, designed to rapidly reduce stress and improve mood

#### **Emotional Freedom Technique**

Next, we'll engage in a quick 3-minute "happy" tapping routine. This Emotional Freedom Technique (EFT) practice aims to boost your mood by stimulating specific acupressure points.

#### **Aromatherapy Massage**

1. The session culminates with a relaxing massage experience with a Back, Neck, and Shoulder Massage. Enjoy a light-touch massage enhanced with stress-relieving essential oils.
2. Energizing Scalp Treatment: Experience blissful relaxation with a scalp massage using jade combs and aromatherapy.

Throughout the massage, you'll have opportunities to practice the physiological sigh, deepening your relaxation.

This carefully curated hour is designed to help you surrender to relaxation and reset your body and mind.

In just 60 minutes, you'll experience a powerful combination of techniques to reduce stress, elevate mood, and promote overall well-being.

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Reset

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## CALM IN THE CHAOS @ THE BAY - £52

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Another of our 60-minute “master blaster” treatments.

When the mind can't stop, the breath goes with it, taking us up into sympathetic arousal.

When the breath stills and meets the mind, the chaos roars, and we become prey to our triggers.

Calm in the Chaos works to capture the breath, slow the thoughts, and free the body, bringing a bottom-up approach to grounding and healing.

Opening with a somatic flow through three grounding moves to reduce cortisol levels and soothe the fight or flight response in the body, we begin with self-love.

We glide through these practices into a 60-second EFT for calmness and serenity. It's then on to the massage for an aroma touch face, neck and head massage to really come out of the thoughts.

Finishing with hot stones on the feet to ground the energy and keep you out of the head while space is created.

This is a must-have treatment for anyone who struggles to find calm in the chaos.

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## MAMA @ THE BAY – £150

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### A Series of Nurturing Treatments for the New Mother

Becoming a Mama is more than just a change in role, it's a transformation of the soul. It's a journey of letting go, stepping into your new self, and embracing the wisdom that comes with this sacred shift.

Mama at the Bay is a gentle, loving three session journey designed to support you as you transition into "The Mama", honouring who you were, grounding you in who you are, and guiding you toward the deep knowing of who you are becoming.

#### Session One – I Was

A letting go ritual to honour and release the version of you that came before. Through breathwork and Reiki, we create space for this new chapter, helping you surrender, soften, and step forward with ease.

#### Session Two – I Am

A beautifully balanced yin and yang treatment, merging crystals, sound, and massage to align your body, mind, and spirit with the energy of The Mama. This is your moment to settle into your new state of being, grounding yourself in presence and love.

#### Session Three – I Know

A deeply restorative session blending mind-mapping meditation and Indian head massage to invite clarity, belonging, and a profound sense of peace. This is where you embrace the wisdom of The Mama feeling rooted, radiant, and ready for all that lies ahead.

The journey of The Mama is ever-evolving, and this series is here to hold you through it, with love, with care, and with the deep knowing that you are exactly where you are meant to be.

Embrace this new phase with open arms and an open heart.

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