HOLISTIC ENERGY RECHARGE

Did you know that everything in the universe, including our bodies, is made up of vibrating energy? At Mirage Health and Wellbeing, we embrace the power of energy to restore balance and enhance well-being.

Experience the profound effects of our Holistic Energy Recharge where we work with the unseen energies that surround and flow within you. Free yourself from blocks and allow the energy to flow harmoniously, promoting health and vitality.

Benefits of Holistic Energy:

Restores balance & harmony

Enhances overall well-being & free flow of energy

Supports natural healing & complements other modalities

Unlock Your Body's Natural Harmony

HYPNOTHERAPY

Sometimes life feels overwhelming leaving us feeling anxious, lost or out of control. Our Hypnotherapy sessions are led by a trained Humanistic Counsellor and Hypnotherapist, providing a safe and effective way to regain balance and take charge of your life.

Discover the benefits of Hypnotherapy:

Overcoming fears, phobias, and anxiety

Relieving stress and depression

Improving sleep and well-being

Beating Insomnia

Unlocking your full potential
Assisting with smoking cessation

Exploring past life regression therapy
Reaching your full potential

Find Your Path to a Better Life

ESCAPE THE CHAOS AND EMBRACE A JOURNEY OF RELAXATION, HEALING AND SELF-DISCOVERY.

Reserve your space today and start your transformational experience Mirage Health and Wellbeing

01243 820330

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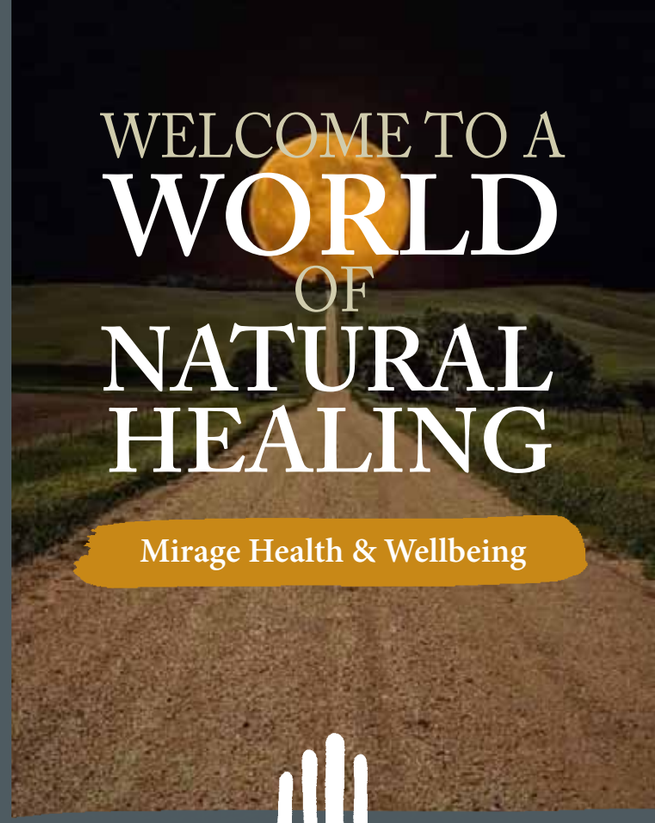

WELCOME TO A WORLD OF NATURAL HEALING

Mirage Health & Wellbeing

Step into a world where ancient practices meet modern challenges, where the power of therapeutic shamanic journeys, Reiki, crystal therapy, gong sound meditation, holistic energy recharge and hypnotherapy await.

THERAPEUTIC SHAMANIC JOURNEY

Humans have practiced Shamanism for centuries, tapping into its ancient wisdom. At Mirage Health and Wellbeing, we offer Therapeutic Shamanism, tailored to address the challenges of our modern times and those of yourself.

In shamanic reality, everything is interconnected on a deeper, energetic level, despite appearing separate in ordinary reality. Join us on your profound journey of healing, where you may witness the immense potential and possibilities that lie within. No special talents or powers required—just an open mind.

Benefits of Shamanism:

Ancient wisdom for modern challenges

Experience transformative healing & personal growth

Embark on a Transformative Adventure

DISCOVER THE POWER OF REIKI

Sometimes, treating ourselves holistically is the solution we seek. Explore the world of energy healing with Reiki, a gentle yet powerful practice that can bring tranquility, peace and balance to your life.

Benefits of Reiki:

Improves sleep, clears mind & improves focus

Reduces stress, anxiety & blood pressure

Helps relieve pain & boosts immune system

Aids spiritual growth & emotional clearing

Promotes harmony & balance

Accelerates body & self healin

Take a moment to prioritise self-care and embark on a journey of well-being.

HARNESS THE MAGIC OF CRYSTALS

Uncover the wonders of crystal therapy - a gateway to tranquility, emotional balance and heightened well-being. If you're seeking a path to inner calm and connection, crystals may hold the answers you've been searching for.

Benefits of Crystals:

Reduced anxiety and stress

Enhanced mind-body-spirit connection

Restful sleep and increased vitality

Cleansed and balanced energy system
Improved overall health and well-being

Listen to your heart and embrace the support of these beautiful, mysterious, and unique crystals.

IMMERSE YOURSELF IN GONG SOUND MEDITATION

Meditation often guides us to "clear our minds" yet with Gong Sound Meditation the healing sounds and vibrations do the work for you.

Benefits of Gong Sound Meditation:

Ideal for everyone, especially those new to meditation

Calms the wandering mind and accelerates meditation

Soothes, calms, and restores inner balance

Reduces anxiety, depression, and promotes overall well-being

Balances the body's energy field and encourages healing.

Allow yourself to float on gentle waves of sound and experience the transformative power of Gong therapy.