



## Get In Touch

### CUSTOM HEALING PACKAGES

We believe in personalised healing experiences. Our custom packages blend various therapies to meet your unique needs. Whether you're a child, an adult, or part of a workplace or community group, we've got you covered.

**Let's nurture your well-being together!**

### How You Can Help

If you would like to help, support our mission with donations or partnerships. Your contributions help us provide essential services to the community, ensuring everyone has access to the care they need.

Together, we can create a healthier, happier community.

Please get in touch to learn more. Thank you for your support!

 [balanceandbliss1@outlook.com](mailto:balanceandbliss1@outlook.com)

 Balance and Bliss CIC



# Balance & Bliss

**Wellbeing For The Community**

# WHO WE ARE

Your wellbeing is our priority. As a community interest company, we're dedicated to making holistic and alternative therapies accessible to everyone. Experience powerful healing for your mind, body, and soul, and improve your mental health and wellbeing.

## WELLNESS FOR ALL

### **Wee Ones' Wellness:**

Join our young adventurers on a journey to emotional growth through fun and supportive activities. It's like a treasure hunt for happiness!

### **Teen Wellness:**

Helping teens navigate their emotions and build resilience with relatable therapies. Think of it as discovering your inner strength!

### **Adult Wellness:**

Customised treatments like Reflexology to refresh and empower our adult community. Imagine a rejuvenating retreat that leaves you feeling unstoppable!

### **Community Classes:**

Dive into our meditation and sound baths to find calm and connect with others in a serene and friendly environment. Picture a tranquil escape where you can recharge and make new friends.

### **Partners in Health:**

Collaborating with local organisations to make wellness accessible for everyone, because we believe in a healthier, happier community.

## THERAPIES

- Reflexology
- Indian Head Massage
- Reiki
- Sound Healing
- Drum Healing
- Crystal Healing & Chakra Balancing
- Coaching & Neuro-Linguistic Programming
- Emotional Freedom Technique (Tapping)
- Meditation

