

TRANSFORMATION HOLISTIC THERAPY, YOGA & SOUND HEALING

Honouring Your Wellbeing

Price list 2026

1-2-1 Yoga Tuition

Carefully tailored sessions with personalised postures and breathing techniques.
£50 (per hour)

Couples/Friends Yoga

£60 (per hour at Thornham Walks)

Zoom Yoga Classes

30 mins – £25

Chair Yoga & Gentle Hatha Yoga available

Yoga + Massage Combinations

30 mins Yoga + 30 mins Massage – £60

1 hour Yoga + 1 hour Massage – £99

Group Hatha Yoga Maximum of 4 to 6 people (At your Home or Garden) - £18 per person

Sound Healing - Relax and unwind with crystal bowls, Tibetan bowls, gong, chimes, and more.

1-2-1 Session – £55 (per hour)

Couples – £80 (studio only)

Family/Group (3–5 people) – £175 (in the comfort of your home) plus £10 per person for over 5+people

Fusion (with Reiki/Massage or Yoga) – £60

Monthly Sound/Gong Baths (held at

Occold Village Hall)

£20 per person

2 people for £35

3 People for £50

4 + people £ 15.00 per person.

Ayurvedic & Holistic Massage, Ayurvedic Massage (Abhyanga/Marma)

1 hour – £65

1 hour 15 mins includes Face – £80

1 hour 30 mins includes Face & Head – £90

Massage Treatments

Swedish Body Massage – 1 hour - £60

Swedish Half Body – 45 mins - £50

Holistic Back Massage – 30 mins - £40

Indian Head Massage – 30 mins - £40

Foot & Leg Massage – 30 mins - £40

Sound Healing & Massage 1 hour - £60 or

1 hour 30 mins - £80

Luxury Back Treatment – 1 hour 15 mins - £70

Reiki Healing Gentle energy healing to balance mind, body, and spirit.

Initial Treatment & Consultation – £60

Reiki Healing – 1 hour - £50

Reiki I Healing Course – 1 day - £210

Thermal Auricular Therapy (Ear Candling)

Gentle, non-invasive treatment for sinus relief, tinnitus, and improved clarity. 45 mins – £45

Skincare (MONU Natural Vegan Range)

Mini Facial (Express) – 30 mins - £40

Aromatic Facial (Relaxation) 1 hour - £60

Bio Collagen Facial (Anti-aging) 1 hour 15 mins - £75

Venessa also offers Gift Vouchers and has a Special Offer of 25% off your First Booking

Visit Venessa's Web site at

<https://transform-with-venessa.nicepage.io>

High Value Wellness Packages and Flexible Membership Options

Venessa is unveiling a fresh, elevated way to support your wellbeing.

Discover her High-Value Wellness Packages and Flexible Membership Options—thoughtfully designed to give you meaningful choice, deeper support, and a rhythm of care that fits seamlessly into your life.

The Deep Reset

(105 - min)

Includes:

45 min massage

30 min sound healing

30 min Reiki

Price: £100

The Sleep & Stress Relief Package (135 - min)

1-to-1 yoga for nervous system regulation

45 min massage

30 min sound bath

Price: £120

Friends Wellness Afternoon

(for two people)

Includes:

Couples Yoga 45min

Group sound bath 45 min

Tea + grounding meditation

30 min

Price: £120

Massage Series

(Save 10–15%)

Option Availability

3 × 1-hour massages £155 (saves £10)

6 × 1-hour massages £300 (save £30)

Book in advance of all sessions and must be used within 3 months of first session.

Yoga 1-to-1 Progress Pack

Option Availability

5 private sessions £230

10 private sessions £450

Sound Healing Journey

Option Availability

4 × 1-to-1 sessions £200

8 × sessions £400.

Spring Detox Package

Includes:

Yoga + lymphatic massage + facial £110.

Reset Your Body

Yoga + Reiki + Sound Bath £95

Warming Ritual

Massage + hot oils + sound healing £75–£85.

Wellness Membership (£65/month)

Includes:

one massage or

one sound healing

and one group sound bath

10% off all add-ons.

Yoga Membership (£70/month)

Includes:

one private yoga sessions

3 zoon yoga Sessions.

10% off Add On's.

Monthly Membership is valid one calendar month all sessions and must be used within the membership period.

Venessa's Add On's

+£10 hot stones

+£10 scalp massage

+£15 mini facial

+£10 aromatherapy upgrade

+£15 guided meditation

+£20 chakra balancing on

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