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understanding and healing to current or past relationships whether romantic, family or friends. Highlighting the strengths and the potential difficulties of the relationship and compatibility. A Relationship Reading helps to bring awareness and understanding of the other person at the deepest level. In the case of romantic relationships this goes beyond any dating service in determining relationship compatibility.

A relationship reading looks at the other person's soul plan in relationship to your own. It highlights the strengths and the potential difficulties that the relationship may be experiencing or in the case of past relationships helps understand what was going on for you both.

So why have a Relationship Soul Plan Reading? Our relationships are a fundamental part of our lives and these interactions affect us physically, emotionally and energetically. Some relationships feel lifting and positive but other times we can struggle to understand why we feel the way we do about the behaviour or actions of the other person – whether it is a romantic partnership, family member or a friendship. You can gain insight into the other persons potential as well as their challenges and how this may be enhancing or challenging your own soul. Awareness and understanding helps you bring out their best as well as your best. But also helps you to understand the challenges they are working through so you can support them or at least not react negatively to them.

Reiki is the universal life force energy which surrounds and flows through all living things and fills all space. It is a gentle yet powerful form of natural healing and can help to heal on a physical, mental, emotional and spiritual level and can enhance the effectiveness of other medications and treatment.

Hypnotherapy facilitates change, it is used for the treatment and relief of a variety of physical and psychological problems. Some conditions for which hypnotherapy is used as an effective and practical treatment, are as follows: Stopping Smoking, weight loss and control, sleeping difficulties, fears and phobias, relaxation and stress relief, anxiety and depression, pain.