

EDEN  
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X  
GROUND  
wellbeing

## THE GROUNDING RITUAL

SURRENDER IN FULL AND RETURN TO SOURCE:  
Ideal to Soothe Mental Anxiety and Burnout

90 MINUTES

### TREATMENT DESCRIPTION

Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with a reflexology inspired foot massage. Feel your body and soul come together again with this medium to firm pressure massage.

### WHAT ARE THE BENEFITS?

- Create a deep sense of re-connection between mind & body
- Encourage a sense of harmony and peace in the mind & body
- Relieve tightness and tension in the back of the body.

