



Welcome to Your Healing Journey with Spinal Flow

We are honoured to walk beside you as you begin this deeply personal and transformative journey. The decision to prioritise your healing is a courageous step, and we're here to support you every step of the way.

COMMITTING TO YOUR HEALING JOURNEY

Healing is not linear. It's a process of un-layering gently allowing your body to release tension, trauma, and patterns it no longer needs. By committing to Spinal Flow sessions, you are giving yourself the gift of reconnection: to your body, to your nervous system, and to your true self.

You May Feel Worse Before You Feel Better

As your nervous system begins to unwind and release, it's normal to experience emotional or physical discomfort. This is known as a healing response. You may feel:-

- Tired or emotional
- More aware of aches or stress
- Temporary intensification of symptoms

This is not a setback. It's a sign your body is processing and recalibrating — trust the process.

HOW TO BEST NURTURE YOURSELF AFTER SESSIONS

- Drink plenty of water to help flush toxins
- Rest — allow your body time to integrate
- Avoid overstimulation (phones, loud environments)
- Get fresh air and gentle movement (walk, stretch)
 - Journalling your emotions or insights
 - Be kind and patient with yourself

You've Taken the First Step Towards a Better Life Choosing Spinal Flow means you've chosen to:

- Listen to your body
- Release stored stress, trauma, and blockages
- Step into greater health, energy, and emotional clarity
- This first step opens the door to a life lived in flow and alignment.

WHY REGULAR SESSIONS ARE IMPORTANT IN THE BEGINNING

Consistency is key in the early stages. Just like going to the gym builds muscle, regular Spinal Flow sessions:

- Build momentum in your healing
- Train your nervous system to stay regulated
- Allow deeper layers of stress to release over time
- We typically recommend a series of 12 sessions for foundational shifts.

REASSESSMENT AFTER 12 SESSIONS

After your initial 12 sessions, we will reassess your progress together. This helps us understand:

- What has shifted in your body and life
- What patterns have released or remained
- How your nervous system is integrating
- This is a powerful point of reflection and celebration.

TRANSITIONING TO MAINTENANCE

Once your system has reached a more balanced state, you may move into maintenance care, with sessions spaced further apart. This helps you:

- Sustain your wellbeing
- Prevent regression into old stress patterns
- Stay aligned, energised, and connected

WHAT WE OFFER & WHAT WE BELIEVE

At Spinal Flow we believe:

- The body knows how to heal when the nervous system is clear
 - Everyone deserves to live in alignment and vitality
 - Healing is amplified in safe, supportive environments

At Spinal Flow we offer:

- 1:1 sessions tailored to your needs
- Group healing sessions, which harness the power of collective energy
- A calm, welcoming space where you are deeply seen and supported

SPINAL FLOW PACKAGES AND PRICE LIST

1.1 Spinal Flow Session

Initial Appointment- 2 hrs £ 95

Includes indepth face to face consultation, posture & gateway assessment, photographs and full first session concluding with findings, aftercare and recommended treatment plan. Journal included - a gentle space to track your emotional & physical wellbeing each day. This will deepen your consultation with self awareness

Single Session – 1 hr £60

A restorative spinal flow session to support the body's natural healing. Release spinal blocks & promote deeper balance & wellbeing

WELL BEING PACKAGES

6- Sessions £310 (saving £50)

Ideal for regular maintenance and nervous system support.

12- Sessions £595 (saving £125)

Recommended for deep healing and long-term change

GROUP SPINAL FLOW SESSIONS

Single Group Session £40

6-Session Group Package £220 (saving £20)

12 Session Group Package £420 (saving £60)

CHILDREN & TEEN SESSIONS

Baby (0-2 years) 15-20 mins £25

Parent & Baby Session £75

Children (3-12 years) 20-30 mins £35

Teenagers (13-17 years) 30 mins- £40

Children's 6 Session Package £180

Teenagers Emotional Wellbeing Package 6x30 mins 1.1 sessions £210

Children and Teenage packages are tailored for emotional resilience, stress support and nervous system balance.

- Improve Focus & Mental Clarity
 - Reduced Anxiety & Stress
 - Better Sleep Patterns
- Emotional Balance & Confidence

Packages of 6-12 sessions allow deeper and more consistent changes to take place- especially when navigating:

- School transitions
- Behavioural or sensory challenges
- Recovery from illness or injury
- Major life or family changes
- Hormonal changes during Puberty

Journal included within packages. simple friendly way to help you notice how your body feels and how emotions change each day.

A personal space to reflect, feel supported and grow as your body finds balance & ease.

SPINAL FLOW RESET DAY

Allow 4-5hrs £275

A deeply nourishing day devoted entirely to you.

Your reset day includes three full spinal flow sessions within one day held in a calm, supportive space. Between sessions you have time to hydrate, journal or rest and simply be. Light snacks will be provided after the second treatment with restful downtime to allow your body to integrate each wave of healing.

This experience offers a beautiful way to reset, rebalance and reconnect with your inner calm.

Please note; The reset day is more an immersive experience and is priced separately from the standard six- twelve session journey.



Ask us about what feels right for your stage of the journey.

HEALING IS A JOURNEY

Healing isn't a quick fix — it's a journey back home to yourself.

It unfolds in layers, guided by trust, safety, and consistency.

There will be shifts, stillness, surprises, and growth.

We walk this path with you. Gently. Consistently. Wholeheartedly.



Thank You

Thank you for choosing us to be part of your healing journey.

It is our privilege to support you as you reconnect with your body's wisdom and step into your fullest expression of health and vitality.

With warmth,

The Spinal Flow Team