

Women's Trauma Healing Packages

The Gentle Unraveling – Soft Trauma Release & Emotional Safety

A gentle entry-point to trauma healing for women who feel emotionally blocked or overwhelmed. Ideal for early trauma, anxiety, or fear stored in the body.

Session Overview

1x Grounding & Emotional Safety Holistic intake + trauma-informed counselling to map emotional stress, overwhelm & body cues. Reiki included to calm the nervous system. 90 min
2x Reiki + Chakra Balance Hands-on trauma-sensitive Reiki to gently release fear, tension, and overthinking. Light energy clearing. 60 min each
1x Reflective Integration Optional art-based expression (draw/write/symbol) + light guidance to reconnect with hope and inner safety. 90 min

Price:

Full Package (4 sessions): R1 950
Pay-as-you-go: 4x R550 = R2 200

*Ready to feel lighter, calmer, and
more like yourself again?
Begin your journey gently.
Start The Gentle Unraveling*



Bonuses:

Mini Emotional Reset Journal
1x Audio: "Grounding & Returning to Self"
WhatsApp Support Between Sessions

Reclaiming the Self – Emotional Trauma, Inner Voice & Body Connection

Perfect for women who've lost their voice, disconnected from their worth, or carry emotional tension from past pain, heartbreak, or neglect.

Session Description Duration

1x Intake & Nervous System Reset Holistic counselling + energy scan. Emotional stress, triggers & body Chakra scan. 90 min
2x Reiki + Emotional Processing Deep emotional release through Reiki. Focus on sacral, heart & throat chakras. 90 min each
1x Art Session: "Inner Voice Uncovered" Creative expression to bring awareness to your truth, emotional needs, and patterns. 60 min
1x Closing Reiki Healing & Toolkit We co-create a healing plan, nervous system anchors, and a self-care rhythm. 90 min

Price:

Full Package (5 sessions): R2 700
Pay-as-you-go: 5x R600 = R3 000



*You haven't lost yourself — she's just been
quiet for a while.
Let's help her speak again.
Begin Reclaiming Your Self*

Bonuses:

Emotional Awareness Tracker
Audio: "I Am Safe in My Body"
WhatsApp Support

Deep Release + Energy Reconnection – Trauma Body Healing & Pattern Rewiring

For the woman who has done some emotional work but still feels trauma trapped in her body, emotions, or energy field. Combines deep work with gentle regulation.

Session Overview

1x Root Healing Intake Trauma discovery + Reiki + somatic guidance. Nervous system & body awareness support. 90 min
3x Reiki & Emotional Unwinding Trauma release through Reiki, breath or somatic, and talk-based integration. Focused chakra balancing. 90 min each
1x Art Therapy: "Wound to Wisdom" Guided healing through creative reflection & visual storytelling. Brings clarity and emotional release. 75 min
1x Energy Integration Personal healing summary, breathwork, soul-aligned exercises. 60 min

Price:

Full Package (6 sessions): R3 800
Pay-as-you-go: 6x R700 = R4 200

Bonuses:

"Wound to Wisdom" Reflection Journal
2x Guided Audio Practices: Ground | Clear
WhatsApp Support



*There's wisdom in your body and peace
beyond the pain.
This is your time to deeply let go.
Book Your Deep Energy Reconnection*

Sacred Becoming – Full-Spectrum Trauma Healing & Soul Return

A deep soul return for women recovering from complex trauma, abuse, or emotional dissociation. Gently reclaims the body, voice, and purpose.

Session Overview

1x Trauma Intake & Readiness Nervous system profile, trauma history, emotional themes, and body scan. 90 min
4x Trauma Release Sessions Counselling + Reiki + somatic and subconscious rewiring. Work on identity, boundaries, trust. 90 min each
1x Inner Child Healing Intuitive Reiki, emotional support + creative connection to restore safety, self-trust & play. 90 min
1x Expressive Ritual Session Art, breath, and visualization to reclaim your energy, purpose & emotional authority. 90 min
1x Integration Final reflection, regulation plan, and soulful closure. 60 min

Price:

Full Package (8 sessions): R5 500
Pay-as-you-go: 8x R750 = R6 000

Bonuses:

Custom Healing Plan PDF
3x Audio Practices (Safe | Seen | Soft)
WhatsApp Mentoring Support
Nervous System Reset Kit

*You are not broken — you are
becoming.*

*Return to the wholeness of who
you are.*

Begin Your Sacred Becoming

