

A man is lying on his back on a dark surface, possibly a massage table. He has his eyes closed and a relaxed expression. On his chest, three smooth, light-colored crystals are arranged vertically. A person's hands, wearing a patterned shirt, are resting on his shoulders. The background is dark and out of focus.

ROOT & RISE

Bespoke Wellbeing for Men

Get in Touch

ROOT + RISE WELLBEING
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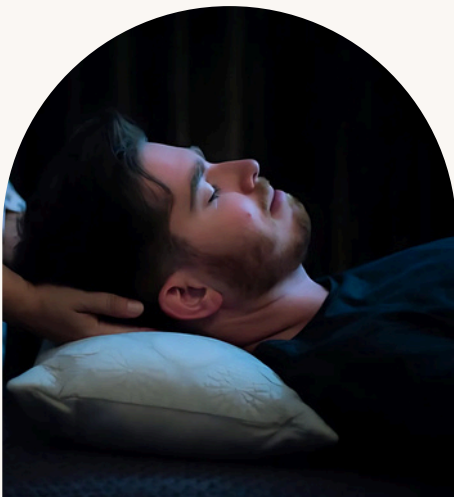
Results-driven treatments that centre
your body, mind & spirit, to guide you
towards a balanced and fulfilling life

About ROOT + RISE

We take a truly holistic approach to men's mental, physical, and emotional wellbeing. Our goal is to guide you towards a balanced and fulfilling life through bespoke holistic wellbeing treatments.

Blending the therapeutic benefits of holistic massage with the gentle, healing energy of Reiki, each restorative treatment will leave you feeling grounded, balanced, and emotionally clear, with a renewed sense of calm that lasts long after the session ends.

Learn more about us at rootandrisewellbeing.com



The Rooted Man

This deeply restorative lower-body treatment is designed to address your unique emotional, physical, and spiritual needs. You will experience the therapeutic benefits of touch through a specially adapted lower body holistic massage that focuses on the three foundational chakras: the Root, Sacral, and Solar Plexus, before experiencing 30 minutes of upper body Reiki that focuses on the remaining four major chakras: the Heart, Throat, Third Eye and Crown.

Whether you are navigating the pressures of modern life, seeking reconnection with yourself, or simply in need of deep rest, this treatment will help you feel grounded, balanced, and emotionally clear. You'll leave with a renewed sense of calm that lasts long after the session ends.

60 Minutes | £50.00

All appointments include a wellbeing consultation and aftercare and are secured by a non-refundable £25 deposit.

Rise Reiki Energy

This whole-body treatment is deeply restorative and designed to address your unique emotional, physical, and spiritual needs by focusing on the seven main energy centres known as chakras within the body: the Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown.

While experiencing the therapeutic benefits of touch through a specially adapted Reiki treatment, you will experience deep relaxation and reconnection with your physical, emotional and spiritual self.

Following your treatment, you will leave feeling grounded, balanced, and emotionally clear, with a renewed sense of calm that lasts long after the session ends.

60 Minutes | £50.00

When you arrive at your appointment, you are welcome to enjoy complimentary tea, coffee, herbal tea, or water, connect to free and secure WiFi, and free off-street parking.