



The Henko Wellness Experience Menu

Every wellness experience at Henko Studio is guided by intention, connection, and presence. Our therapies are designed to restore balance and vitality through tailored massage, energy work, and holistic rituals that nurture both body and mind. Pricing is transparent and reflects the depth and duration of each treatment.

Vibrational Journey

Duration: 1 hour 15 mins • Price: £115

A restorative energy healing session beginning with pendulum dowsing of the aura. Includes Reiki, crystals, Tibetan bowls, or tuning forks — chosen intuitively to match your intention. Up to 45 minutes of healing plus integration.

***For who:** feeling energetically heavy or stuck, experiencing emotional overload, anxiety, or after transitions when the nervous system needs soothing.*

***Supports:** Releasing stagnation, restoring balance, reconnecting to self-love.*

Vibrational Journey Enhanced

Duration: 1 hour 30 mins • Price: £145

A restorative energy healing session beginning with pendulum dowsing of the aura. Includes Reiki, crystals, Tibetan bowls, or tuning forks — chosen intuitively to match your intention. Up to 45 minutes of healing plus intention-setting, integration, and a Reiki-infused herbal tea..

***For who:** feeling energetically heavy or stuck, experiencing emotional overload, anxiety, or after transitions when the nervous system needs soothing.*

***Supports:** Releasing stagnation, restoring balance, reconnecting to self-love.*

Somatic & Vibrational Journey

Duration: 1 hour 30 mins • Price: £170

A trauma-informed journey blending somatic exploration (up to 30 minutes) with vibrational healing (up to 50 minutes). Includes a Reiki-infused herbal tea and somatic exploration follow with pendulum dowsing and an intuitive combination of Reiki, crystals, Tibetan bowls, tuning forks, or drum. Closing with a moment of integration.

***For who:** navigating stress, anxiety, insomnia, heartbreak, inner child healing, or cycles of self-abandonment.*

***Supports:** Emotional release, nervous system restoration, and gentle reconnection to your body and heart.*



Somatic & Vibrational Journey Enhanced

Duration: 2 hours • Price: £200

A trauma-informed journey blending somatic exploration (up to 30 minutes) with vibrational healing (up to 50 minutes). Includes a Reiki-infused herbal tea and somatic exploration follow with pendulum dowsing and an intuitive combination of Reiki, crystals, Tibetan bowls, tuning forks, or drum. Closing with a moment of integration with a full 60 minutes of energy healing, Reiki-infused herbal tea, and a closing oracle card pull.

For who: When you're ready for a deeper immersion, working with life transitions or seeking profound self-alignment.

Supports: emotional release and integration, alignment of body~mind~soul. Enhance self awareness and self-trust.

Somatic & Sound Journey

Duration: 1 hour 30 mins • Price: £180

An immersive sound journey with a somatic meditation (up to 30 minutes) and a Sound immersion (up to 50 minutes) with Tibetan bowls placed on the body, crystal bowls around the body, and tuning forks. Includes Reiki-infused herbal tea.

For who: feeling unsteady, restless, or unable to switch off; longing to return to a grounded and calm state of mind, or gently out of rhythm with themselves.

Supports: Settling the nervous system, releasing subtle layers of tension, and restoring a felt sense of presence through vibration.

Somatic & Sound Journey Enhanced

Duration: 2 hours • Price: £210

An immersive sound journey with a somatic meditation (up to 30 minutes) and a Sound immersion (up to 75 minutes) with Tibetan bowls placed on the body, crystal bowls around the body, and tuning forks. Includes Reiki-infused herbal tea and a closing oracle card pull.

For who: seeking deeper immersion in sound, a space to soften the weight of the mind and nourish the heart. Especially supportive during times of inner heaviness or when longing for spaciousness and clarity.

Supports: Profound rest, heart-opening, and energetic realignment. The extended sound immersion creates a sanctuary for clarity of mind and reconnection with inner stillness.

A few notes to keep in mind: each detail helps us deliver the best possible experience.

To support your journey, a short client form will be sent 48 hours before your session. Please complete it at least 24 hours ahead of time, so we can attune to your needs and intentions. This gentle form includes a few reflective questions, helping us create a safe, grounded, and aligned space for your healing.

The medicine of sound and crystals is always chosen intuitively, guided by body wisdom and the intention of the journey. Not all instruments or crystals are used at once — each experience is crafted uniquely to meet the vibration of the moment.

Our energy and sound therapies are complementary to, but not a substitute for, medical treatment or professional healthcare. Please inform your practitioner of any sensitivities (such as to sound, scent, or touch) so the session can be adjusted for your comfort and wellbeing.

All prices include VAT where applicable.