

Claire Donaldson

Holistic Healing Price List (2026 – Current)

Adults

Holistic Reflexology

Sessions are an hour long. An initial Assessment is taken at the first session. Reflexology works best over a course of treatment, and I recommend initially 6 sessions, as this is typically enough to raise energy levels and give a physical re-boot.

Sessions Cost: £45

First session Cost: £40 (£5 off)

Book a course of 6 sessions and the cost per session is: £35

Adult Holistic Reflexology

Monday
Thursday
Saturday
appointments

£5 off first session

A calming and restorative therapy to support relaxation, healing, and emotional balance.

Restoring energy and bringing peace.

Claire Donaldson

One hour sessions £45

Location Timperley, WA15 7AR

Talk to Claire for more information and to book:

07411 400 141
claire@shewaliving.co.uk

07411 400 141
claire@shewaliving.co.uk

Recommended course of 6 sessions £35 per session

Supporting relaxation, balance, and overall wellbeing for body, mind and spirit.

Reflexology can help with:

- Stress and anxiety
- Relaxation and better sleep
- Emotional wellbeing and balance
- Pregnancy, birth preparation, and postnatal recovery
- Managing long-term health conditions
- Grief, overwhelm, and fatigue

Shewa Living @shewaliving

Crystal Healing

Crystals may be used as part of reflexology treatment, when appropriate. To receive a crystal healing programme, a client would need to have been attending reflexology For approximately 3-6 sessions. An appropriate crystal healing programme would then be selected to enhance healing, help with clearing, illness, conditions etc.

A typical crystal programme lasts 6 weeks and includes crystal configurations and reflexology.

Sessions Cost: £45

Children and Young People

Children's Reflexology and Holistic Therapy Sessions

Sessions are 30 minutes and include reflexology work alongside other therapeutic practices and techniques, such as talking therapy, creative art, storytelling, and alignment practice.

Single sessions: £22

Children's Holistic Reflexology

Gentle reflexology sessions with Claire to support children's health, emotional well-being, and inner calm.

Helping to ease worries, encourage relaxation, and create a sense of security.

Half hour sessions £22
Location Timperley, WA15 7AR

Talk to Claire for more information and to book:
07411 400 141
claire@shewaliving.co.uk

Mondays and Thursdays
between
3.30-6.30pm



@shewaliving
www.shewaliving.co.uk



Children's Holistic Reflexology

Includes relaxation and The Emerald Alignment

Especially supportive for children with:

- Hyperactivity and Attention Deficit Disorder (ADD)
- Difficulty focusing or frequent daydreaming
- Asthma or eczema
- Dyslexia
- Repetitive or obsessive behaviours
- Anxiety
- Autistic Spectrum Disorder (ASD)

A calming, nurturing approach to help children feel more balanced, focused, and at ease in their everyday lives.

07411 400 141
claire@shewaliving.co.uk

