

heal at Birch

REPAIR, RECTIFY, AND REDRESS

Our collection of in-house specialists offer therapies to take you away from external stresses and strains, boost recovery, and help you create lasting health benefits.

Where our existing treatments are ideal for relaxing, heal at Birch offers remedies that enhance wellbeing and strengthen the physical and mental body.

From sports and Thai massage to stretchologie and reflexology.

heal at Birch goes beyond reactive management to target proactive nourishment.

Birch (WELLNESS SPACE)



Isobel

WHEN?

Tuesday

WHAT?

Sports & Prescriptive Massage

60 minutes) (£75)

This therapy combines all elements of postural correction, realignment, rehabilitation, and muscle rebalancing. Ideal if you want to relieve muscular tension, mobilise soft tissue, and reduce pain.

Stretchologie

30 minutes)

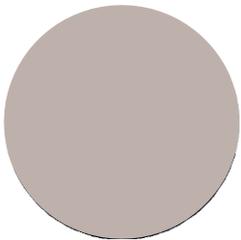
(£45)

45 minutes)

(£55)

This is a therapist-assisted developmental and therapeutic stretch session where you'll realign, rebalance, and release muscle tension. This one's for you if you're looking to improve your range of movement or prevent injury.

WHO'S ISOBEL?



Isobel is a highly qualified sport and remedial massage therapist, personal development coach, and compassion-focused therapist. Under the guidance of one of the UK's leading osteopaths, Isobel developed her Stretchologie method - a simple stretch routine designed to improve wellbeing. She has spent the past five years running her own clinic and working with Tottenham Hotspur Women's Football Club.



THERAPIES WITH

Molly

WHEN?

Monday & Wednesday

WHAT?

Thai Massage Therapeutic Thai Full**Body:** 60 minutes) (£70)
(90 minutes) (£110)

Thai massage is an ancient healing system that uses a combination of bodyweight yoga stretches, compression, acupressure, and massage along the 'Sen' energy lines. This therapy will relieve tension and remove blockages to help detoxify and energise your body's systems. Full body recharge.

Sound Healing: 30 minutes) (£45) (60
minutes) (£75)

Sound Healing is an ancient practice offering a sonic bath of blissful, healing vibrations designed to uplift, distress and reharmonise the mind and body. Wear something cosy and allow yourself to be returned to the soothing tones of crystal bowls, singing bowls, gongs, chimes and voice.

Body Language 60 minutes) (£90)
(90 minutes) (£110)

A delicious and grounding marriage of stretchy and traditional Thai Massage, guided breathwork, aroma and sound therapy targeting the whole of you. Feel your stress melt away and experience transformation in mind, body and spirit, leaving no stone unturned. This treatment is a full body MOT designed to restore and nourish from the inside out - leaving you feeling rejuvenated and energised.

Heart Healing 90 minutes) (£110)

A silken blend of traditional and contemporary healing arts combining ceremonial Cacao, breathwork, guided manifestation, meditation and sound therapy to help you realise your true cosmic alignments. This one is for the spiritually curious and celestial explorers who are ready to do the inner work to reveal their greatest soul expressions.

WHO'S MOLLY?



Molly is a compassionate Yoga + Meditation Teacher, Sound Healer, Cacao Alchemist, Massage Therapist, Self-love advocate and wild Witch working in North London.

Specialising in women's work - offering guidance and solidarity to others walking the path of re-wilding, connection and liberation - she holds a deep reverence for the ancient powers of ceremony in a world that has lost its love for magick. Her intention is to empower you to step into your own

THERAPIES WITH

Molly

WHEN?

Monday & Wednesday

WHAT?

Inner Goddess (90 minutes)
(£110)

A treatment for women wanting to connect with their inner wisdom. Activation of the Divine Feminine – bringing you into a cosmic state of flow, receivership + abundance as you are guided to merge with the unique magick of the womb. Expect a combination of aromatherapy massage, guided manifestation, breathwork and sound therapy to help you align to your innate, feminine power.

Soul Vibrations (60 minutes)
(£80)

Fall through the stars and into vibrational harmony with an intuitive treatment using the deeply therapeutic qualities of sound. Lose yourself and feel your troubles melt away as you release into the uplifting harmonies of intentional vibration. You'll be treated to the beautiful melodies of crystal singing bowls, koshi chimes, sacred mantra, tingsha bells and gongs. 60 minutes of total relaxation.

Animalia (60 minutes) (£80)

A one-on-one Shamanic journey with the drum to bring forth your animal guardians and spirit guides. Discover your power animal + familiar for each unique astrological alignment - assisting you in embodying your true potential. Each experience offers profound insight to the medicine your animal has come to offer you. Expect ceremonial Cacao, guided meditation, integrative therapy + sound healing.

THERAPIES WITH

Kate

WHEN?

Monday

WHAT?**Reflexology**

45 mins - £50

This blissfully relaxing treatment of the feet induces deep relaxation, improves circulation, and restores homeostasis. This therapy is individually tailored to your needs, and designed to relax, restore, and rebalance.

Aromareflex

60 mins - £65

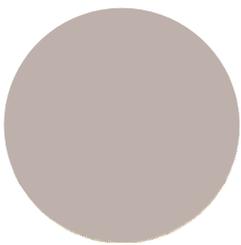
Aromareflex combines the power of essential oils with a foot reflexology treatment. A tailored blend of oils is used to specifically meet your needs and add an extra element of relaxation. This therapy includes an aftercare blend which you can take home and continue to reap the benefits from.

Fertility Reflexology

Initial session - £95

Follow ups - £65

Reproductive reflexology can be used to enhance your natural fertility or support you through all forms of assisted conception. It uses structured and prescriptive treatment protocols to regulate the body, reduce stress, and help support a regular cycle.

WHO'S KATE?

Kate is a reflexologist, fertility coach, and diagnostic radiographer. Her treatments work to increase your sense of calm, relaxation, and wellbeing - all with the aim of easing tension and restoring homeostasis (the body's natural balance). After working in health care for over 15 years, Kate's wealth of knowledge will support you both physically and emotionally.

