

Spa Product of the Month

CHAKRA

Stop in at the Spa to find out about a special offer!

FIND YOUR BALANCE



						
						
CHAKRA 1 THE ROOT	CHAKRA 2 THE PLEASURE	CHAKRA 3 THE POWER	CHAKRA 4 THE HEART	CHAKRA 5 THE THROAT	CHAKRA 6 THE INTUITION	CHAKRA 7 THE CROWN
chakra 1 is the centre where we ground ourselves and take care of our basic needs.	chakra 2 is the centre of vitality and conscious when we move beyond our basic needs into relationships with others.	chakra 3 is the centre of motivation where we set our intentions and desires.	chakra 4 is the centre of sympathy, empathy and love.	chakra 5 is the centre of creativity, self-expression and communication.	chakra 6 is the centre of intuition, imagination and perception.	chakra 7 is the centre of connecting to something greater than oneself and expressing wisdom and enlightenment.