



SPIRITUAL WELLBEING CONCIERGE SERVICE

Spiritual Wellbeing has become a central focus for us; we believe that the soul needs to be nourished just as much as the mind and body, which is why we have created a Spiritual Wellbeing Concierge Service - the first of its kind in the world. We have created experiences that draw inspiration and utilise rituals from the four corners of the earth. You can pick from our menu or have a bespoke consultation that will enable us to completely tailor your experience.

Our guides are hand-selected and renowned for being the best in their fields.

Stay Beyond Yourself at The Mandrake..

THE HEART OPENER

Let our guides open your heart using the alchemy of sound and a ritual using medicinal ceremonial grade cacao, from Peru. This rich, velvety elixir is a doorway to the heart, honoured for thousands of years by the Incas, Aztecs and Mayans who used it to communicate with their gods and higher powers. Our guides will take you through a ceremony of intention setting and sacred sound to create healing vibrations and heart activating mantras to release what no longer serves and call in your higher self.

Available daily
Duration: 60 minutes
Price: £180

THE SPIRIT AWAKENER

Our guide uses ancient reiki practices accompanied by crystal singing bowls to awaken the deepest part of you. Reiki is used to rebalance and restore the flow of energy in your body - clearing blocks and soothing trauma.

Crystal singing bowls are incredibly powerful - our bones have a crystalline structure and the sound from the bowls resonates to the very core of our being. Sound also works on a cellular level, as we are 65 to 70% water, allowing the vibration to work internally.

Available daily
Duration: 80 minutes
Price: £180

THE SOUL CONNECTOR

Tantalise the senses as you are immersed in scent and sound with your own private sound bath. Lie back and go on a cosmic journey, as healing frequency instruments and essential oils are woven across you. Allow the vibrations to relax the body and soothe the mind as you journey inward to clear blockages and make space for whatever is needed in that moment.

The sound journey will include 3 planetary gongs - Sun, Earth & Venus, crystal bowls, medicine drum, chimes, Native American flute and other percussive instruments. The aim is to expand your consciousness to a higher level, to facilitate release, energetic shifts and promote healing, regeneration, and reconnection with your pure self.

Available daily

Duration: 90 minutes

Price: £200

BESPOKE SESSIONS

Since the dawn of time, mankind has used ceremony and ritual as a way of marking life events. We believe rituals are an essential part of modern life. They are not only a way to celebrate, but also allow you to reconnect to your soul.

From a fire ritual that honours an ending and calls in courage for the next chapter, to a Goddess Circle that connects your tribe in spirit and sets an intention for the next step in your dance -

The Mandrake can curate a bespoke ritual or ceremony for you.

Our Spiritual Concierge is on hand for a consultation to create something that is suited to your personal needs.

Available on request

Price: From £200

SHAMANIC HEALING SESSION

It is the Shamanic belief, that when connection to our true selves is weakened or severed, an imbalance is created within us, manifesting a fertile landscape for physical and mental illness to develop. Our Shaman offers truly healing sessions, rooted in ancient, indigenous traditions.

Within Shamanic healing, a space is created in which these stuck energies can be removed, and your power can be fully restored. After this, a window of opportunity is opened, and you can reclaim the beautiful, powerful and positive creature that you were born to be. Once this happens, true and limitless healing can occur, and you can once again rekindle a life of bliss.

Available on request

Duration: Around 3 hours

Price: £300

Please speak with our Reception Team to request the Spiritual Wellbeing Concierge service or to book one of our curated sensory treatments. We also have a weekly program of spiritual wellbeing events that take place throughout the hotel - please ask for more details from one of our team.

Please avoid caffeine & alcohol before your session.