

Self Care Hub



Self Care Hub

During the festival you will be able to line up at the Self Care Hub and book in a 25-minute Healing or Reading with one of our amazing facilitators. Bookings are \$50 for 25 minutes. Payment will be made **directly to the Healer/Reader**. Please bring cash as they may not have eft facilities.

SIGN UP TIMES:

FRIDAY: 11am for both time slots

SATURDAY: 8am for the first two time slots, 2pm for the last time slot

SUNDAY: 8am for the first two time slots

To give everyone a chance, you will only be able to book in with one person per sign up time.

You can book once for anytime that day (not just the times you are lining up for). You can not book other days as this is not fair to those who have day passes and can't book ahead. You can only book for yourself.

PLEASE NOTE:

If you plan on enjoying a few drinks from the bar, we kindly ask that you do so after your healing or reading session. To ensure the safety and wellbeing of everyone involved, some healers and readers may be unable to honour your booking if you are under the influence of alcohol.

In addition to the sessions available in the Self Care Hub, several market stallholders will also be offering healing and reading services throughout the festival. Appointments can be booked directly with them during their trading hours, and they may also have their own no-alcohol policy in place prior to treatments or readings.

Once you have booked your session, please arrive at the waiting area at least 20 minutes before your scheduled appointment. Your facilitator will call your name when they are ready to welcome you into your session.



FRIDAY - 12:30PM - 3PM

ENERGY ALIGNMENT-Reiki, Seichim and Chakra Balance with Award-Winning Suzi from Healing Moods	Healing massage with Back2Umassage	Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Intuitive Tarot Readings with Vira Soul	Glitter Braids and Face Gems with Boho Beauty Bar	Psychic Mediumship Readings with Spirit Medium Sally
Release & Renew - Healing Through Narrative with Lisa Keskinen	Psychometry, Mediumship, Past Life Readings with Rainbow Light Reflections	Soul Readings with Connie Rose- Voice for Spirit	Human Design Readings with Jade Benioni Kapa Ora Collective		

FRIDAY - 4PM - 6:30PM

ENERGY ALIGNMENT-Reiki, Seichim and Chakra Balance with Award-Winning Suzi from Healing Moods	Spiritual Connections, Empowerment, Psychic Medium with Nic McHenry	Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Hands-On Fascia Release & Body Alignment with Body Calibrationist	Release & Renew - Healing Through Narrative with Lisa Keskinen	Psychometry, Mediumship, Past Life Readings with Rainbow Light Reflections
Soul Readings with Connie Rose- Voice for Spirit	Human Design Readings with Jade Benioni Kapa Ora Collective	Intuitive Tarot Readings with Vira Soul			

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SATURDAY - 9AM - 11:30AM

ENERGY ALIGNMENT- Reiki, Seichim and Chakra Balance with Award-Winning Suzi from Healing Moods	Healing massage with Back2Umassage	Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Intuitive Tarot Readings with Vira Soul	Glitter Braids and Face Gems with Boho Beauty Bar	Psychic Mediumship Readings with Spirit Medium Sally
Release & Renew - Healing Through Narrative with Lisa Keskinen	Soul Readings with Connie Rose- Voice for Spirit	Human Design Readings with Jade Benioni Kapa Ora Collective			

SATURDAY - 12:30PM - 3PM

Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Hands-On Fascia Release & Body Alignment with Body Calibrationist	Astrological Guidance and Tarot with Astrology111	Glitter Braids and Face Gems with Boho Beauty Bar	Psychic Mediumship Readings with Spirit Medium Sally	Release & Renew - Healing Through Narrative with Lisa Keskinen
Human Design Readings with Jade Benioni Kapa Ora Collective	Intuitive Tarot Readings with Vira Soul				

SATURDAY - 4PM - 6:30PM

ENERGY ALIGNMENT- Reiki, Seichim and Chakra Balance with Award-Winning Suzi from Healing Moods	Spiritual Connections, Empowerment, Psychic Medium with Nic McHenry	Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Astrological Guidance and Tarot with Astrology111	Soul Readings with Connie Rose- Voice for Spirit	Human Design Readings with Jade Benioni Kapa Ora Collective
Intuitive Tarot Readings with Vira Soul					

SUNDAY - 9AM - 11:30AM

ENERGY ALIGNMENT- Reiki, Seichim and Chakra Balance with Award-Winning Suzi from Healing Moods	Healing massage by Back2Umassage	Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Hands-On Fascia Release & Body Alignment with Body Calibrationist	Glitter Braids and Face Gems with Boho Beauty Bar	Psychic Mediumship Readings with Spirit Medium Sally
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SUNDAY 12:30PM - 3PM

Spiritual Connections, Empowerment, Psychic Medium with Nic McHenry	Traditional Māori Healing and Ancestral Guidance with Ahikāroa Māori Healing	Astrological Guidance and Tarot with Astrology111	Glitter Braids and Face Gems with Boho Beauty Bar	Psychic Mediumship Readings with Spirit Medium Sally	Psychometry, Mediumship, Past Life Reflections with Rainbow Light Readings
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Self Care Hub offerings



Ahikāroa Māori Healing - Traditional Māori Healing and Ancestral Guidance

Rytasha is a Māori healer, kaiwhakaora, and founder of Ahikāroa Māori Wellbeing Collective. Drawing on the traditions of Rongoā Māori, her sessions weave together mirimiri, intuitive guidance, and holistic healing to support balance, grounding, and reconnection. Each session is tailored to the individual, creating space to release what no longer serves, restore mauri (life direct), and deepen connection to self, wairua (spirit) and the natural world.



Astrology111 - Astrological Guidance and Tarot

Sabine brings Astrology down to Earth and has a very heart-based approach to being your celestial navigator this weekend. In a 25-minutes session the focus is on you and what you wish to address. Learn about life cycles, your soul's evolution as well as current planetary transits and how these might affect your personal blueprint and therefore psychological urges. Whether you are looking for guidance within your relationships, vocation, lifestyle, money or any other areas, Sabine's session will leave you with a sense of empowerment and greater self-understanding.



Back2Umassage - Healing massage

Amber offers a nurturing, healing massage designed to calm the nervous system, ease muscular tension, and support the body's natural ability to restore balance. Each session is guided by the client's individual needs, combining intuitive touch with gentle therapeutic techniques to release stress, improve circulation, and promote deep relaxation. The experience is holistic and restorative, creating a safe space for both physical relief and emotional grounding.



Body Calibrationist - Hands-On Fascia Release & Body Alignment

I offer intuitive fascia release and body reconnection sessions to help your nervous system soften, unwind, and come back into balance.



Boho Beauty Bar - Glitter Braids and Face Gems

Meet Tahlia, the sparkle queen behind the glitter braids and face gems that elevate your energy and festival vibe. With a creative touch and a love for all things radiant, Tahlia transforms every look into a celebration of color and confidence. Whether you're glamming up or just want to shine a little brighter, her vibrant styles are the perfect way to feel fabulous and festival-ready.



Award-Winning Suzi from Healing Moods - ENERGY ALIGNMENT- Reiki, Seichim and Chakra Balance

Step into a session that feels like coming home to yourself.

Suzi, winner of the 2025 International Spiritual Leaders Award in the Reiki Master category, invites you into a sacred space for deep energetic healing through her signature Energy Alignment sessions - a beautiful fusion of Reiki, Seichim, and chakra balancing.

With a calming, grounded presence and a gift for intuitive guidance, Suzi gently tunes into exactly what your energy body needs. Blockages dissolve. Old, heavy energy lifts. Your mind, body, and spirit realign into harmony, as if every part of you exhales at once. During your healing session, you'll wear earphones playing healing frequency music, adding an extra layer of healing to support your journey.

Clients consistently leave feeling lighter, clearer, and deeply nourished - carrying a renewed sense of peace, balance, and connection to who they truly are.

This isn't just a healing session. It's a homecoming.

Book your Energy Alignment session with Suzi today and experience the magic for yourself.

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Jade Benioni | Kapa Ora Collective - Human Design Readings

Jade will guide festival-goers using their Human Design chart during a self-care session, revealing how they are energetically designed to make decisions, communicate, and move through the world. Perfect for integrating the revelations and realisations unlocked at a transformative weekend festival, each reading offers practical guidance to help ground new learnings and take them home with clarity and confidence.



Lisa Keskinen - Release & Renew - Healing Through Narrative

Lisa Keskinen is a certified Healing Through Narrative practitioner with a passion for connecting people with their innate power and wisdom. Lisa helps to uncover stories and internal scripts that pattern our life choices and behaviours. She inspires new stories, promoting transformation and healing. These mini-consultations have been shaped especially for the 25-minute time frame. Each session will include a personalised drum-healing to release what's holding you back, and to renew your spirit.



Nic McHenry - Spiritual Connections, Empowerment, Psychic Medium

For 40 years Nic's 6th sense has been helping others find balance, gain clarity, to make empowered decisions with family, business and your personal life. You will come away with strategies and a sense of calm to confidently make the best of opportunities on the horizon. Nic is the real deal - the name shared between friends & family. Detail, Insight, Empathy, Experience, Integrity, and Honesty - without the fluff and nonsense. She will be working with Psychic Mediumship, Tarot, Oracle & Lenormand, Numerology, Palmistry, Astrology, Energy reBalancing, Scrying (Water, Oil & her Crystal Ball)



Rainbow Light Reading - Psychometry, Mediumship, Past Life Reflections

As a Medium, Anne-Veronica travels between two worlds blending with the spirit energy of the ancestors, bringing messages from loved ones, guides and inspirers who speak to us now from beyond the veil. Anne-Veronica journeys through divine doors of life offering valuable intuitive insight into past, present & future circumstances. Connecting on a soul to soul level, Anne-Veronica feels into the aura exploring energetic imprints related to health, wellbeing & past life experiences that reflect soul's ongoing journey.



Spirit Medium Sally - Psychic Mediumship Readings

Step into a gentle, heart-led space and receive messages from loved ones in Spirit and your own soul's deeper knowing. With warmth and compassion, Sally offers psychic mediumship readings that bring comfort, clarity, and connection. Whether you're seeking guidance, reassurance, or a sense of peace, each reading is a sacred moment to pause, listen, and feel held.



Connie Rose- Voice for Spirit - Soul Readings

Connie Rose offers soul readings that blend psychic insight and mediumship, bringing through whatever Spirit feels is most needed in the moment—whether that's guidance around life, love, or career, or heartfelt messages from past loved ones and spirit guides. Each session is uniquely tailored, offering deep emotional support, clarity, and healing. Guests often leave feeling lighter, more confident, and deeply connected to their purpose. Connie will also be presenting Spirit Audience Readings and Dancing with Spirit at the festival, so be sure to check the program for session times.



Vira Soul - Intuitive Tarot Readings

Mae-Lin offers interactive tarot readings that empower you to connect with your own wisdom, spirit guides, and soul. Together, you'll explore spiritual lessons and energetic influences, focusing on growth and action.