

A close-up, artistic photograph of a woman's face and shoulder. The lighting is soft and warm, highlighting the texture of her skin. Her hair is dark and slightly tousled. The background is a neutral, light grey.

SKIN · SCIENCE · SOUL

THRYVE

SOUL PRICELIST 2026

thryveclinic.co.uk

WELCOME

At THRYVE, we believe balance within the body is supported through consistent care, thoughtful therapies, and treatments that work in harmony with how the body functions over time.

Our Soul Treatments are designed to support relaxation, nervous system regulation, emotional wellbeing, and a deeper sense of connection between the body and mind.

Each treatment is delivered through a considered, individualised approach, combining gentle therapeutic techniques with both traditional principles and a modern understanding of the body.

Through intentional touch, calm surroundings, and personalised care, these treatments aim to release areas of held tension, encourage deep rest, and support a gradual return to balance.

A handwritten signature in white ink, reading "Sophie Riddell". The signature is fluid and cursive, with the first name "Sophie" on the top line and the last name "Riddell" on the bottom line, connected by a long, sweeping horizontal stroke.

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REFLEXOLOGY

FOOT REFLEXOLOGY

A structured reflexology treatment working across both feet using traditional techniques to support balance within the body.

45 minutes £70

60 minutes £85

90 minutes £115

FACIAL REFLEXOLOGY

Facial reflexology using the Bergman Method and zone therapy, working across mapped reflex points on the face to support internal balance while also influencing the skin, lymphatic system, and underlying musculature.

45 minutes £75

60 minutes £90

90 minutes £120

HOLISTIC FACIAL

A restorative facial treatment designed to support both skin health and overall balance within the body. The treatment combines gentle exfoliation, targeted hydration, and massage techniques to support circulation, lymphatic flow, and overall skin function.

60 minutes £85

FACIAL REFLEX + GUA SHA & SCULPTING MASSAGE

An advanced facial treatment combining reflexology with Gua Sha and sculpting massage techniques. This treatment works across both internal and external layers, supporting circulation, encouraging lymphatic drainage, and releasing muscular tension while enhancing skin tone and definition.

60 minutes £100

90 minutes £130

BALANCE BLEND

Combining elements of foot reflexology, facial reflexology, and Indian head massage, this treatment allows time and focus to be directed where it is most needed —supporting circulation, releasing areas of tension, and encouraging overall balance within the body.

60 minutes £90

75 minutes £105

DAYDREAM AND DECADANCE

This two-hour experience brings together facial reflexology using the Bergman Method, Gua Sha, sculpting massage, holistic facial techniques, Indian head massage, and foot reflexology, allowing the treatment to move seamlessly between the face, scalp, and body.

120 minutes £150

LED LIGHT THERAPY (ADD-ON)

A targeted LED light therapy treatment designed to support skin function and enhance overall treatment outcomes.

30 minutes £35

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CRANIOSACRAL THERAPY

Following an in-depth consultation of approximately 15 minutes, each session includes 60 minutes of Biodynamic Craniosacral Therapy tailored to the individual. Using gentle, light touch, the treatment works with the body's natural rhythms to support nervous system regulation, release areas of held tension, and encourage deep relaxation and overall balance.

75 minutes £75

Follow up 60 minutes £60

A close-up, artistic photograph of a person's shoulder and neck. The skin is a warm, golden-brown tone. The lighting is soft and directional, coming from the upper left, which creates a gentle highlight on the shoulder's curve and casts a soft shadow on the neck. The background is a neutral, light grey. The overall mood is serene and elegant.

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