



Mind Body Education

Holistic Success Hub - Resources

Energy Healing Promotion Template

Specialised Content for Holistic Therapists – Attract, Align & Activate

This promotional template is designed to help you clearly and confidently communicate the benefits of your energy healing sessions to your ideal clients. It's ready for you to adapt and use in emails, social media posts, on your website, or in flyers to generate interest, build trust, and attract bookings.

Customisable Promotional Copy

Headline Options

Choose a headline that suits your tone and style:

- "Feeling Drained? Rebalance Your Energy & Reconnect with Yourself"
- "Experience the Gentle Power of Energy Healing"
- "Clear Energetic Blocks & Restore Inner Harmony"
- "An Invitation to Heal: Align Your Energy, Calm Your Mind, Renew Your Spirit"

Intro Paragraph (Editable Example)

Are you feeling emotionally overwhelmed, physically drained, or mentally scattered? You're not alone – and you don't have to stay stuck in that space.

Energy healing offers a deeply restorative experience that gently supports your body, mind, and spirit to return to balance. Whether you're seeking clarity, emotional release, chakra alignment, or simply a moment of stillness, this work can help you reconnect with your inner self and feel lighter, calmer, and more in tune.

What to Expect

In your personalised energy healing session, you will:

- Lie comfortably in a safe, calming space (online or in person)
- Receive gentle energetic support using [insert your modality: Reiki, intuitive healing, chakra balancing, etc.]
- Experience shifts in your energy field that promote emotional release, clarity, and peace
- Leave feeling lighter, grounded, and more connected to your true self

You don't need to believe in anything or "do" anything — just come as you are.

Benefits Clients Often Report

- Reduced stress and anxiety
- Emotional release and clarity
- Improved sleep and calm
- A feeling of deep inner peace
- Reconnection with their intuition and purpose

 "It felt like a reset for my soul."

Booking Details

Sessions available online or in-person (location).

60-minute sessions: [insert price]

90-minute sessions: [insert price]

Packages and gift vouchers available.

Limited spots available each week — book now to reserve yours.

[Insert booking link or call-to-action]

Call-to-Action Examples

Use one of these (or your own) to wrap up your post, email, or flyer:

- DM me with any questions or to book your session
 - Tap the link in bio to reserve your spot
 - Email me at [insert email] to schedule your healing
 - Book now and step into the calm you've been seeking
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Optional Add-ons to Boost Engagement

- Include a testimonial from a past client
 - Share a short video or reel explaining what energy healing is and how it helped you
 - Offer a limited-time introductory rate or bonus (e.g., “Free 10-minute grounding meditation with every session booked this week”)
 - Add before-and-after client stories (with permission)
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Tips for Personalising the Template

- Replace bracketed content with your own details
- Keep the tone authentic to your style — calm, warm, professional, spiritual, or playful
- Add your unique healing philosophy, origin story, or what makes your sessions different
- Use imagery of light, nature, peaceful settings, or chakra colours to visually support your promotion