

Therapist watch: spiritual healer Katie Winterbourne



Caroline Phillips had an energy work session with talented therapist Katie Winterbourne.

'Oh boy does she connect, pouring forth revelations and insights in the manner of a theatrical white witch on the fastest of broom sticks'

Caroline Phillips has a spiritual spring clean with Katie Winterbourne at Harrods Urban Retreat



Journalist Caroline Phillips

In short: Katie Winterbourne works with your energy, reading your unique energy 'signature' and using her intuition to give you a better understanding of your life – to deliver healing in whichever form her higher consciousness reckons is best. You can have a reading with her by Skype or over the phone, at a clinic on Wimple Street and or at Harrods Urban Retreat in London, or alternative locations by arrangement.



Our experience: I go to see her at Harrods. First of all she closes her eyes, 'to check the connection,' she says. Then boy does she connect, pouring forth revelations and insights in the manner of a theatrical white witch on the fastest of broom sticks – flying over

here, alighting there, noticing this, pointing out that...all with a captivating thespian flourish. She is clairsentient, clairvoyant and just a little clairaudient – 'I used to hear things and be more directive'. She's also into synchronicity. 'I let go of my ideas and values to become a neutral channel,' she explains. Whatever it is that she does, it works.

Katie's not an oracle and won't tell you which shoes to buy or whether to dump the boyfriend. But she doesn't balk at very specific questions. ('What job should my daughter do?' I ask. 'Should I write my book as a novel or not?') The answers she delivers are spot on – practical guidance delivered with more than a smattering of higher self oomph and wisdom. Sometimes she speaks in metaphors – 'better to be a tortoise than a hare'. Or non-words. 'I feel it here (touches her heart) and it drops to here (she puts her hand on her gut)'. She's also good at dealing with dark secrets. The info she delivers mostly feels uncannily accurate and any facts can be double-checked afterwards against the CD she records of the appointment.

CREATED BY

Caroline Sylger Jones - international spa & retreat journalist and author of *Body & Soul Escapes* (Footprint Books)

JOIN THE QUEEN'S COURT & RECEIVE OUR NEWSLETTER

Name :

Last Name :

Email :

QUOTE UNQUOTE

'Life is a shipwreck but we must not forget to sing in the lifeboats'
Voltaire

WHAT THE PRESS SAY

'One of our Top 10 Health and Wellbeing websites'

Stella magazine, The Sunday Telegraph

'One of our Top 50 Travel websites'

The Times

'The BEST website to go to when you're looking for a healthy holiday, spa or retreat because it tells the truth'

The Daily Mail

'Congratulations on your website! It's rather fabulous!'

Melinda Stevens, Editor, Condé Nast Traveller UK

'So pleased to have found such a gem of a website!'

Rachel Dove, Features, Stella magazine

'Love Queen of Retreats. Best info on retreats and spas around'

Times journalist Bridget Harrison

SHARE THIS PAGE




LIKE HER HIGHNESS



More on Katie: An erstwhile yoga teacher who trained with a yogi from the Bihar School of Yoga, Katie started her intuitive work aged 18 and is now in her late 30s. She's also an energy healer, gives intuitive healing (calling in specific energy vibrations to help you), uses Reiki integrated with Vortex (healing on a soul level to clear Karma) and offers a lot of talking therapy, sometimes all within one session. Plus she's beautiful, with pre-Raphaelite locks and a lovely energy.

A session will likely have the effect of helping you shift your energy and find a way through and out – whether that be to do with illness, the dynamics of a relationship, a problem with your child or a business issue. Overall, her delivery is very fluid and she gives a bravura stream-of-consciousness reading that feels very authentic. If you're going to go on a spiritual journey, she's the one to do it with.

 **What's queenly:** Katie doesn't subscribe to any particular healing modality – whatever is needed gets brought through in a session. Talk about holistic help. 'I'm not a guru or sage,' she says. 'I'm a tour guide for your soul.'

What's lowly: When it comes to Katie, nothing. Harrods Urban Retreat could do with a refurb though – think shabby, not so chic. (The Qataris are apparently undertaking a multi-squillion refurb of their iconic store – and hopefully this will extend to this tired eyrie).

How to book: A session with Katie costs £160 for what Freudians call the 50-minute hour. Go to katiwinterbourne.com.

© Queen of Retreats



'I'm a tour guide for your soul.'

Yoga & Wellness Retreats

Need a break? Relax and recharge with us.



THE QUEEN'S TWEETS


Tweets

 Follow

 **Queen of Retreats** 37m
@QueenofRetreats

Delectable trees on the [#rainforest](#) trail to [#Corcovado](#) [#RiodeJaneiro](#) to the foot of Christ the Redeemer
pic.twitter.com/3fnzxusKtT



 Rio de Janeiro, Brasil

 **Queen of Retreats** 1h
@QueenofRetreats

Passionate about [#retreats](#) and [#spas](#) but hate [#writing](#)? Let us do the hard

Tweet to @QueenofRetreats



The perfumarie, part of Harrods Urban Retreat where we saw Katie Winterbourne