

Counselling/Psychotherapy ~ Penny:

01363 777261

A chance to work through unresolved issues from both past and present. The use of image and dream-work, cognitive tools and family constellation theory can enable clients to understand themselves better, improve self-esteem and reshape destructive life-patterns.

Sessions of 50 mins at £35

Acupuncture ~ Penny:

01363 777261

Chinese Medicine has been used effectively for centuries to maintain and enhance health. The pathways or 'channels' of energy in the body run both superficially and at a deeper level, and can be harnessed for the treatment of a vast range of health problems.

First Session £40, thereafter £35.



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transform* at the



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~ a safe place for healing and transformation ~

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your event or workplace**

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**Craniosacral Therapy ~ Eileen:
01363 777261**

Craniosacral Therapy is a very gentle holding technique which encourages harmony and healing, generates a feeling of relaxation and well being and works at a very deep and subtle level to unravel areas of tension, pain and trauma. *First Session £40 for 45 mins—1 hr. £35 thereafter.*

**NAET Allergy Clearing ~ Penny & Eileen:
01363 777261**

A system for dealing with allergies and intolerances of all kinds, NAET is a holistic method that can be safely used on anyone. It draws its theory and practice from the treatment principles of acupuncture, chiropractic, and kinesiology. *First Session £40 for 45 mins—1 hr. Thereafter £40*

**Indian Head Massage ~ Ashen:
01363 775478**

An in depth massage providing a powerful and effective aid to relaxation. Focusing on the major tensions in the body, Indian head massage relieves stress, muscle tension, headaches and other physical/emotional complaints, leaving you feeling relaxed, nurtured and supported. *£15 for ½ hr, £30 for 1hr.*

**Nutritional Therapy ~ Carol
01363 82794**

Empowering and inspiring! Find out how you can feel healthier, more alive and full of energy by making simple dietary changes. Effective for many chronic conditions as well as stress, emotional issues and feeling run down. Initial consultation £45, follow-up £35

**Creative Kinesiology ~ Sarah-Jayne:
01363 877581**

By using the amazing tool of muscle testing this medicine can: Gently relieve stress and strain held in the body, mind and spirit, reduce pain and discomfort, support good posture and discover the nutrition that you need at this time. It also supports you to set targets and achieve them. Sessions are received fully clothed. *First session £45 for 1¼ hrs. £40 thereafter for 1 hr. Concessions.*

**LifeTracking ~ Sarah-Jayne:
01363 877581**

Enables you to move freely, feel vibrant and alive and awaken your dream. Using muscle testing (kinesiology) we can discover influences from the past that hinder us, overcome them, and find ways of you standing more fully in your power. Sessions are received fully clothed. *Workshops and support circles also available. First session £45 for 1¼ hrs. £40 thereafter for 1 hr. Concessions available.*

**Reflexology ~ Liz Zealley
0800 970 6153**

Reflexology calms and rebalances you, relaxing your body and mind. Appropriate pressure is applied to specific points on the feet, relating to different parts of the body. People of all ages can benefit from reflexology. *£40 – 1hr session.*

**Occupational Therapy ~ Liz Zealley
0800 970 6153**

Do you feel overwhelmed by life, lack motivation? Have difficulty getting organised, managing your time, worry too much? Does your life lack direction, purpose or meaning? If you answer YES, please contact me. *£35 – hr*

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**Spiritual Healing ~ Helen:
01363 85002**

A completely natural, safe method of healing. An energy therapy that removes blockages & strengthens the energy flow on all levels; physically, emotionally, mentally & spiritually. *Per treatment: £35.00*

**Clinical & Pastoral Counsellor ~ Helen:
07764 607509**

You can expect a safe, confidential environment. An integrated mix of theories are used to explore your present situation & to assist you to make the necessary changes that will enable you to live a more satisfying life. *One hour sessions: £40.00 (individual) £50.00 (couples)*

**Bodywork Therapy ~ Helen:
01363 85002**

As a Chartered Physiotherapist Helen incorporates Myofascial Therapy (techniques working on the soft, connective tissues of the body) & The No Hands® 'Back to Basics' Massage treatment as part of her approach to providing structural restoration & balance to the body/mind complex. *Initial Examination & Assessment: £45.00 Thereafter £40.00 per hr.*

**Swedish Massage ~ Sanchi:
01363 85087**

Massage benefits you by gently improving skin & muscle tone, de-toxing & re-energising your body. A soothing & relaxing massage relieves pain & stiffness & is essential to combat the stresses of modern living, naturally. *First session with consultation £35. 1½ hrs £40, 1 hr £35, ½ hr £25*