

Chele Brown *Reflexology/Reiki/Hopi Ear*

Chele qualified as a reflexologist in 2003 and is a full member of The Association of Reflexologists (aor.org.uk). Reflexology is particularly useful in reducing the symptoms of conditions often caused by stress. Chele also offers Reiki healing, a deeply relaxing therapy beneficial to anybody and Hopi Ear Candling, useful for ear, nose & throat conditions.

Reflexology treatment£30

Reiki healing - 45 minutes.....£20

Hopi Ear Candling - 45 minutes.....£30

Mark Turnbull *Hypnotherapy*

Mark completed extensive training with SACH – the School for Analytical and Cognitive Hypnotherapy, he practices hypnotherapy, counselling & psychotherapy. "I developed an interest in the human mind after experiencing the effects that depression and negative thinking had on my life. I decided to learn all I could about the mind and help people realise their own inner power".

Initial consultation.....£25

All further sessions.....£45

Stop Smoking.....£90

Christine Basset *Counselling/Anger Management*

Christine has a Diploma in Integrative Counselling and practises a range of therapeutic techniques to suit clients needs. She trained with Relate for Relationship counselling and as an Anger Management Consultant. Christine offers one to one, couple counselling, group work and workshops.

Individuals£30

Couples£40

Maria Gower *Swedish Massage*

Maria has been working at Golden Harvest for two years during which time she has qualified in Swedish massage. She is due to advance her studies into Aromatherapy in 2007.

Back, Neck & Shoulders.....£20

Full Body£30

Fiona Walsh *Natural Nutritionist*

Fiona qualified at the College of Natural Nutrition having experienced how natural nutrition helped her own health. She takes great pleasure in sharing her knowledge with the aim of empowering her clients to take back control of their own healing process. Natural nutrition is good for a wide variety of disorders and conditions.

1 Hour Consultation/Initial - 90 minutes £50

Shawn Edwards *Beauty Therapy*

Shawn uses Beauty Therapy treatments to educate and show you how to promote and enhance your true beauty from within.

Various beauty treatments available include; Facial, Deep Tissue Massage, Manicure, Pedicure, Lash and Brow Tinting and Brow Shaping.

Prices from£20.00

Initial consultation preview of the range of treatments on offer£35.00

David Millington *Acupuncture/Orthopathy*

David studied Acupuncture at The Oriental College of Medicine for 4 years attaining Lic AC in 1997. Having completed a further two years post graduate training, he became a member of The British Acupuncture Council in 1999. David is also trained in Orthopathy. David practices as a Homeopath, having graduated from the Lakeland college in 2003 and is registered with the Homeopathic Medical Association.

First appointment.....£40

Follow ups.....£35

Diego Robirosa *Shiatsu*

A firm believer in Oriental disciplines, Diego has been practising Tai Chi Chuan & Chi Kung for the past 20 years with Master Chu in London & John Ding's Int. academy of Tai chi Chuan. Diego practises Shiatsu as a continuation of his work with energy. Touch is the essence of Shiatsu, through it we stimulate harmony in body, mind & spirit.

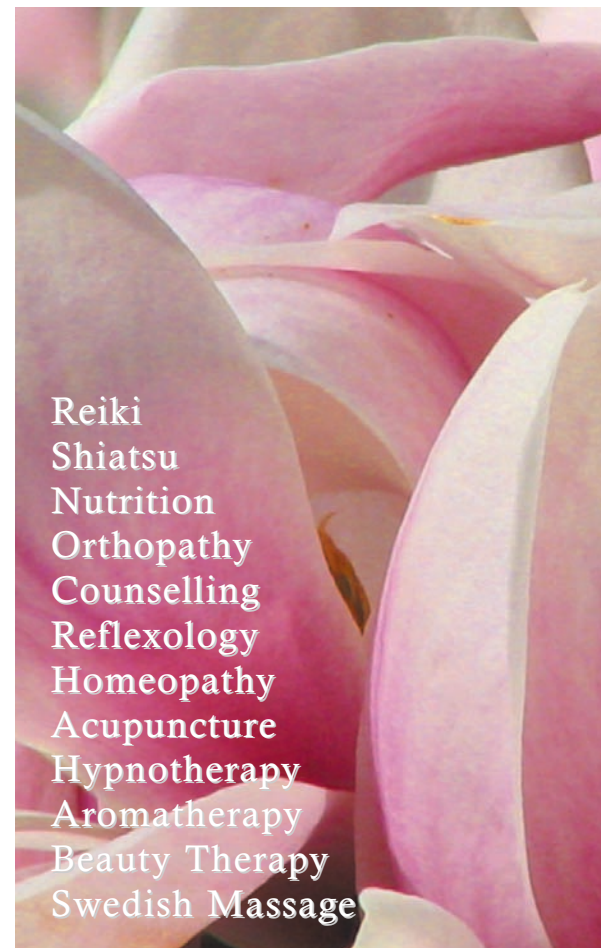
1 Hour Initial Consultation£27

All prices correct at time of printing

North Street

Natural Health Clinic

96 North Street Sudbury Suffolk CO10 1RF



Reiki
Shiatsu
Nutrition
Orthopathy
Counselling
Reflexology
Homeopathy
Acupuncture
Hypnotherapy
Aromatherapy
Beauty Therapy
Swedish Massage

01787 376214

Homeopathy is safe, gentle & effective. It supports the body and addresses both physical and emotional problems. The homeopath records a complete picture of you and your symptoms & chooses a substance which would cause the same symptoms in a healthy person, this principle of "like cures like" provides the information the body needs to heal itself.

Reiki is the name given to a system of gentle, natural healing which originated in Tibet and was re-discovered by a Japanese monk named Mikao Usui. The fully clothed recipient lies on a couch and the practitioner places their hands, non-intrusively over a series of positions covering the entire body, using natural energy to calm and heal.

Natural Nutrition treats in a Holistic way with recommendations in diet, naturopathic techniques and food supplements where appropriate. Acute and chronic conditions can benefit greatly as can healthy people who simply want to improve their health.

Reflexology dates back to ancient Egypt, India and China, in 1913 Dr William Fitzgerald introduced it to Europe as zone therapy. By applying pressure to the feet or hands a trained reflexologist can detect subtle changes in specific points and by working on these points may affect the corresponding organ or system in the body.

Aromatherapy is based on the use of essential oils obtained from nature, the essences of plants with known healing properties aid relaxation and relieve the symptoms of dis-ease and tension. Aromatherapy massage is an enjoyable way to achieve and maintain good health, flexibility and a positive state of mind.

Shiatsu is a form of natural healing based on principles similar to those of acupuncture. Shiatsu aims to promote the free flow of energy within the body by encouraging balance and healing on a physical and emotional level. It is a Holistic therapy working to stimulate harmony in body, mind and spirit.

Swedish Massage is a relaxing treatment to reduce tension and ease stress. Promoting general health as opposed to treating specific complaints, it encourages blood and lymph circulation aiding well-being.

Hypnotherapy/Psychotherapy Hypnosis accesses the non-thinking, non-critical sub-conscious mind which is then used to concentrate and focus on new thoughts, words and images to establish new habits, attitudes and behaviour. This effectively treats non-productive habits, deep seated emotional issues and anxieties.

Hopi Ear Candling has been practiced for centuries by Shaman healers, considered a classic clearance therapy which can be used for many problems related to the ear and head area. The lymph system and metabolism can be favourably influenced by this intensive but pleasant and completely painless method of local heat application.

Counselling A counsellor is someone committed to empowering you to overcome obstacles and work out the challenges in your life. They are a listening ear and have the ability to look at things objectively, offering guidance where necessary. We offer a variety of counselling services from marriage guidance to anger management.

Beauty Therapy as well as pampering can capture and recreate the image one has or would like to achieve. It will, if needed break down psychological barriers which can lead to a build up of stored negative images of ourselves. This leads to a positive self image and greater confidence.

Acupuncture is a system of healing using very fine needles which has been practised in China and other eastern countries for thousands of years. Although often described as a means of pain relief, it is used to treat people with a wide range of illnesses. Its focus is on improving overall well being rather than the isolated treatment of specific symptoms.

Elaine Smart

Homeopathy & Herbs

Elaine trained as a Homeopath at The College of Practical Homeopathy in London, gaining the qualification of LCPH in 2003. She is registered and insured with the Homeopathic Medical Association.

Elaine has set up her practice in Suffolk and treats a wide range of problems from coughs and colds to the most stubborn long term conditions.

First appointment£45 (Adult)
.....£30 (Children)

Follow ups.....£35 (Adult), £25 (Children)

Mandi Lindup

Oriental Aromatherapy

Mandi uses Oriental diagnosis to identify underlying imbalances in the body then treats using the manual stimulation of meridians and acupuncture points, and essential oil energetics to return the body to a healthy state. This treatment can be used for things as simple as insomnia to more complicated ailments such as psoriasis.

First Appointment£45

Follow up Treatment£40

Beth Salmon

Relationship Counsellor

Beth is an experienced relationship counsellor and psycho-sexual therapist, and has worked at Relate since 1998. She works with couples and individuals to help them find solutions to a wide variety of sexual and relationship problems. She is also a family consultant to Collaborative Family Lawyers working with individuals seeking and going through divorce.

First Appointment - up to 90 minutes£45

A sliding scale applies for further appointments

Cecilia Fulcher

Counsellor

Trained at West Suffolk College with a Diploma in Person-Centred Psychodynamic Counselling. Cecilia is a member of the British Association for Counselling and Psychotherapy. Currently working privately and for a Bury based charitable organisation. Cecilia offers a confidential and impartial service.

Consultations - 50 minutes£30