

## Great feedback from Acupuncture clients.



Michelle Jones, our Acupuncturist, has been getting some great feedback from her clients:

Jo Lakin said "I went to see Michelle after months of suffering a flair up of eczema. After only 3 sessions my skin has completely cleared up and I'm feeling great. I can't recommend Michelle highly enough, she really is a miracle worker! Thank you xx".

Danny Roberts said "I was recently asked to submit a review about the experience I received during therapy from acupuncturist Michelle Jones. I can honestly state it was an experience I didn't anticipate.

After suffering for years with back aches and pains I wasn't too hopeful of receiving the end result I eventually did. I'm an active guy who regularly hits the gym 5 times a week. Since treatment I have had more freedom and been able to complete sets without restrictions. I have gone on to recommend Michelle to friends and they share the same opinion that she's very good at what she does."

Call Michelle now on 07999 571369 or email [mjacupuncture@outlook.com](mailto:mjacupuncture@outlook.com) to see how she might be able to help you.

## Sports Massage Therapists joins team

We are really excited to have Deborah Kennedy, Sports Massage Therapist, joining our team.

Deborah is a licensed CYQ level 3 Sports Massage Therapist, and has trained under one of the best tutors in the UK.



Sports Massage Therapy can help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. Above all, it can help prevent those niggling injuries that so often get in the way of performance and achievement, whether one is an athlete, ardent keep-fitter or a once a week jogger.

Sports massage is available to everyone, not just those who do sports as even those with a sedentary lifestyle can benefit. Spending time sat at a desk can cause muscular tension and over use, which can be freed most effectively using sports massage.

Call her on 07984 785310 or email [dlkennedy@hotmail.co.uk](mailto:dlkennedy@hotmail.co.uk) to book your appointment.

## Help for Hayfever Sufferers



As Spring and Summer arrive many of us look forward to being outdoors, for hayfever sufferers though, symptoms can often prevent them from enjoying this time of year. Sneezing, coughing, headaches, a runny nose and itchy watery eyes are some of the symptoms that hayfever brings

when the weather turns warmer. Reflexology can provide an effective alternative treatment to over-the counter remedies, giving sufferers a chance to enjoy the warmer weather. A course of treatments can help to relieve symptoms by supporting the immune and respiratory system. Here is what one happy customer has to say:

I came to Alex last year as I suffer really badly with hayfever. I heard that reflexology can help with the symptoms. This is my second year with Alex and already after 2 treatments it has really helped to cancel out the symptoms. Last summer I was able to enjoy being outside in the sun without worrying about hayfever. Also I was experiencing stress and anxiety with my personal life. I was experiencing sleepless nights because of this, and with doing shift work. I found that reflexology helped me relax and to cope with stress - to be able to sleep at night again was just amazing, I would definitely recommend this treatment if you experience any of these. The treatment is very relaxing and highly rewarding so many thanks to Alex.

For more information, or to book contact Alex on 07964 678124 or email [alex.viggers@live.co.uk](mailto:alex.viggers@live.co.uk).

## Beginner's Meditation Courses

Meditation is well known for its health benefits including improving sleep, increasing mental focus, clarity and performance, improving relationships and reducing anxiety and stress.

At the centre we offer five week beginner's meditation courses with Catherine Bailey who will guide you through a step by step approach, laying down the foundations for success. Each week you will receive a guided meditation, including mindfulness meditations, and information which explains the teachings and techniques. You will become familiar with the benefits of meditation and be given recordings to support home practice. The course is designed to ensure continual progress and support for students and the group is kept small in numbers to ensure personal attention is available and goals are met. For more information or to book your place please contact Catherine 07825 771154 or [catherinebailey.info@gmail.com](mailto:catherinebailey.info@gmail.com)



## Popular Thai Massage expands at the centre.

Due to the popularity of Thai Massage at the centre we have been joined by another highly skilled and professional therapist. Pat Jaskiewicz was trained by Jan Wojtowicz, the other Thai Masseur and teacher at the centre. Combined with her vast experience and a Masters Degree in Physiotherapy her treatments are more than just a massage routine.

Jan said "I can highly recommend Pat's treatments as her intuition, depth of knowledge and hands on skills are outstanding. A massage with Pat is not about someone going through a routine but about a therapist who is totally immersed and passionate about what she does and whose aim is to give you the best possible treatment she can. Simply brilliant!". High praise indeed.

Pat will also offer Swedish and Pregnancy Massage.

Call Pat on 07429 808705 or email [patsmobilemassage@yahoo.co.uk](mailto:patsmobilemassage@yahoo.co.uk)



## Top tips for runners from our Foot Health Practitioner, Lara Cooper.

For all you runners out there here are some top tips for looking after those feet when running! On average, you put six times your body weight through each foot when running, which can emphasise any minor or major potential problems significantly!

1. Wear the correct footwear. Get these fitted properly to suit your foot type.
2. Wear the correct socks to reduce the risks of fungal infection and blisters.
3. Warm up before you run.
4. Stretch and warm down.
5. Get fresh and out of those socks! Take a towel and spare socks to change in to after your run.



Lara Cooper, our Foot Health Care practitioner, can also help you keep those feet in tip top condition. Foot Health Care involves corn removal and callus reduction, ingrowing, thickened nails, fungal infections and athletes foot, specialised nail cutting, verruca treatment, cracked heels, care of high risk and diabetic patients, neurovascular foot assessment and any foot health advice.

Lara can be contacted on 07769 610997 or [lara@foothealthswindon.co.uk](mailto:lara@foothealthswindon.co.uk)