

Shipston Therapy Centre

Spring 2012 Newsletter



Buds are bursting open although probably taken by surprise with the April showers, of snow.

Spring is a time of movement, of birth and is also a time of year when we want to be outside more; gardening, playing sport, or whatever activity you feel like doing.

This sudden exertion can over-stretch the body and let you know about muscles 'you never knew you had'

Tense shoulders?

Stiff neck?

Back ache?

Golfer's elbow?

Tight hamstrings?

Painful knees?

How can we help you?

We have many years experience treating people with the side effects from overdoing it and the sooner such problems are attended to the easier and quicker it normally is to resolve them.

Releasing tight muscles and rebalancing structure enables you to get back to what you want to do with more ease and ultimately more enjoyment.

Call us for a free consultation to discuss the best option for you.

FadeAway Healthy Nutrition Plan

50% off a Massage with Nick Hall when you sign-up to FadeAway at Shipston Therapy Centre; and Nick is proof that it works.

So, if you've over-indulged at Easter, or the New Year diet just didn't stick, why not have a chat with him at Shipston Therapy Centre about the FadeAway Healthy Nutrition Plan? This life-long approach to nutrition for good health and well-being kicks-off with a four-week plan that's guaranteed to help you lose a clothing size or your money back.

50% off a massage applies to Shipston Loyalty Card holders only.

Tel: 01608 664664

www.FadeAway.me.uk

Shipston Therapy Centre welcomes Victoria Stockton

Victoria is in the final stages of a 3 year degree level course in 5 Element Acupuncture at the College of Traditional Acupuncture, Hatton near Warwick.

For the last 6 months she has been treating clients under supervision at the college and has now been awarded her Licence to Practice.

She now has to complete a number of further treatments in order to gain her full Licentiate in Acupuncture and at the moment Victoria is reduced fees:

Initial consultation at just £40 and follow-up treatments only £30.

Contact Victoria 07595 487 065 or reception to discuss how acupuncture may help you.



Short of time? Need help to get you & your life back in to balance?



eLybra®9

The eLybra®9's technology is designed to analyse imbalances in the bio-field of the client whilst simultaneously producing bio-resonance sequences to rebalance and promote good health.

There are 222 categories containing approximately 300,000 bio-resonance patterns with which to make a comprehensive body status profile.

This extensive analysis and balancing session intends to help you recover from a wide range of symptoms whether physical, mental or emotional.

Carol Fieldhouse is offering you the opportunity to benefit from an eLybra®9 hair analysis & treatment for only £25.

Contact Carol for more information 07831 447746 <http://carol@refreshinghorizons.com>

Please note: this is not intended as a medical diagnosis

Regular workshops for Emotional & Physical Freedom Techniques.

Contact Kate Zuill 07798 884749

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