

**Sarah Williams DipAPNT  
Therapeutic Massage**

Let your stress and tension melt away with this ultimately relaxing treatment. Massage improves circulation, which increases blood flow, bringing fresh oxygen to body tissue, which in turn improves your general well-being.

**Mary Upton REG, ITEC, MAR  
Aromatherapy, Reflexology and Spineworks**

Mary combines foot or hand massage with Reflexology and/or to help clients relax, rebalance and energise. She works with clients to ease pain, improve circulation, reduce the effects of stress, support the immune and hormonal systems and encourage all body systems to normalise and self heal.

**Michelle Hawkes GICGT, ITEC, NVQ**

**Crystals** work on our Energy System – balancing and tuning, as they work as vibrational medicine. They can be used to energise or dispel negative energy, which is the cause of blocks and dis-ease.

**Aromatherapy Massage** – working with imbalances in the body benefiting digestive, endocrine & lymph systems.

**David Oxley Dip INT Psych  
Dip Int Psychosynthesis, MBACP Accredited**

Trained and qualified in Integrative Psychosynthesis. IP Counselling brings different disciplines together in a practical and coherent way. It catalyses the potential for transforming the challenges we face in our lives, perhaps at work, in relationships, or in our spiritual journeys.

**Alison Pennicott Massage, Indian Head Massage, Reiki, Reflexology**

Ultimate relaxation is offered by Alison – this is your time to escape and relax. Not sure which treatment is right for you? Contact Alison so she can assess your needs and help you choose.

**Marilyn Dackombe Holistic Massage Tutor**

Fully accredited and insurable CPD massage courses for therapists. Courses also available to non-therapists allowing you to safely and effectively massage your partner, family and friends.

**EVENTS DIARY**

Currently displayed in the Centre is artwork by local artist,  
Jill Hudson

If you are happy with a treatment you have received and would like to give a review, please visit [www.thebestof.co.uk/exeter](http://www.thebestof.co.uk/exeter)

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Massage & Wellbeing Centre  
18 Gandy Street  
Exeter EX4 3LS  
Tel: 01392 258855  
[www.messageandwellbeing.co.uk](http://www.messageandwellbeing.co.uk)

**“the natural way to heal your body”**

Welcome to the Massage & Wellbeing centre... We have had several new therapists join us recently and are now able to offer Homeopathy, Lymph Massage, NLP (Neuro Linguistic Programming), Dietary Advice, Voice Dialogue and Energy Healing, in addition to our comprehensive range of complementary therapies.

Wellbeing Wednesday is being discontinued until the Autumn when we will reintroduce another late opening evening to coincide with late night shopping in Exeter.

- Aromatherapy Massage
- Ayurvedic Yoga Massage
- Indian Head Massage
- Sports Injury Massage
- Therapeutic Massage
- Acupuncture
- Craniosacral Therapy
- Homeopathy
- Hypnotherapy
- Integrative Psychosynthesis
- Kinesiology
- Laser Light Therapy
- Lymph Massage
- Mayan Astrology
- Mediumship Readings / Past Life Regression
- Psychotherapy & Counselling
- Reflexology
- Reiki
- Seated Acupressure Massage
- Stop Smoking Programme

**Gift Vouchers  
available for all  
therapies**



If you would like to make an appointment or would just like to chat to someone about the different therapies, then please call in at the Centre, call on 01392 258855 or visit [www.messageandwellbeing.co.uk](http://www.messageandwellbeing.co.uk)

**Nigel Millett DipAPNT, MCTha  
Massage and Laser Light Therapy**

Laser therapy particularly has a very successful protocol for treating acne – a healing treatment without skin peeling or burning. The symptoms that occur from sitting at a computer for too long, or pains from general everyday chores such as gardening and even bad sleeping posture, can be resolved by using massage and specific stretches. For more information or to make an appointment, call Nigel on 258855

**Rosie Dennes Reiki Master**

A unique healing process that can treat the cause, not just the symptom. Clears emotions that create grief and trauma. Suitable for stress through bereavement, physical ailments and much more.

**Flora Cruft MA AdvDipExPsych, MBACP UKCP reg  
Psychotherapist & Counsellor**

Psychotherapy and counselling can help you cope with any difficulties you are experiencing, enabling you to move forward and find a more fulfilling way of life.

**Andrew Staniford Hypnotherapy, Reiki, NLP**

Andrew identifies the difference that makes the difference. Sometimes the removal of limiting factors is the key to gaining freedom.

**Vanessa Hudson NLP Life Coaching**

NLP provides one with a means to make changes in one's life, overcome fears and look forward to a positive future. If you do what you've always done, you will always get what you've always had!

**Rebekah Hirsch Energy Healing, Astrology, Voice Dialogue**

Rebekah offers past life work, including healing relational cords, chakra reconstruction and grounding. Experienced in working with children and assisting with fertility and pregnancy.

**Debra Williams Registered Dietician**

The key to good health and vitality is a combination of healthy, well balanced diet and exercise. If you are concerned about any part of your diet, allergies, eating or digestive disorders, please call to find out more.

**Judith Hart: Mayan Astrology Readings, Creative Kinesiology, LifeTracking,  
Holistic Massage, Hopi Ear Candles**

Mayan Astrology: Discover your spiritual gifts & talents

Kinesiology: Helps back-pain, digestion, low energy, mood swings + more

LifeTracking: Helps if lacking purpose/direction

Holistic Massage: Helps stress

Reiki: Helps stress

Hopi Ear Candles: For blocked sinuses/ears

**Krys Godly, Kinesiologist, DPLT, Psychic Medium & Jass Godly,  
Kinesiologist, BSY(Reflex), Psychic Medium**

[www.betterhealthchoice.co.uk](http://www.betterhealthchoice.co.uk)

Classical Kinesiology, Hypnotherapy, Past Life Regression Therapy, Reflexology, Reiki, Psychic & Mediumship Readings, Psychic & Mediumship Development. Krys and Jass have been therapists and readers for many years. If you have any chronic, major or minor health challenges, we may be able to help you. Ring us for more information. If you'd like to understand yourself better or to contact someone who has passed to the world of spirit then book in for a reading.

**Claire Botsford BSc(Hons) Oriental Medicine, MBACc**

Though famous for treating pain and nausea Acupuncture can be used to treat a wide range of conditions and to maintain good health. It is suitable for all ages, including babies. Discounts are available on request.

**Saghar Amozgar**

**Ayurvedic Yoga Treatments & Training Courses**

Derived from an ancient Indian tradition, Ayurvedic Yoga treatments are designed to help loosen toxins in the body and release excesses. The goal in all the treatments is to restore, balance and re-establish calm and harmony.

**Jackie Holdstock PGDip LCCH RSHom**

**Homeopathy**

Before studying & qualifying in Homeopathy I worked for over 30 years in the NHS as a nurse and Chartered Scientist. Homeopathy can be used for many things in life, it can complement conventional medicine or as an alternative.

**Brad Richecoeur RCST**

**Craniosacral Therapist**

I have been practising Craniosacral Therapy since 1997 and have a varied practice working with babies, children, adults and the elderly. The work is suitable for serious illness and is also effective as a preventative treatment helping the body maintain optimum health and keep disease at bay.



**Gift Vouchers available  
for all therapies**

*All therapists working from Massage & Wellbeing @ Gandy St are fully qualified and insured*