

Thai Yoga Massage is a combination of acupressure, gentle stretching and applied yoga. It is based on the concept of a multitude of energy lines running through the body and works on 10 of these lines (Ten Sen) to create balance, health and harmony for the whole body and its internal organs by unblocking the energy flow in these lines.

TYM can offer you:

- Relaxation and tranquility
- Greater flexibility
- Better blood circulation, posture and alignment of the body
- It balances the energy for the whole body
- It restores health, harmony and wellbeing
- It can remove various aches and pains
- It's beneficial for body, mind and spirit
- Each session is shaped to suit every individual

Testimonials

"I just wanted to say that having had some Thai Massage from some very talented Thai masseurs in Thailand, I still think you are better!"
Chloe Uden, Regen SW

"My muscles were unfurled and my body returned to itself."
Abigail Robinson, Contemplative Musician

MESSAGE & WELLBEING
SATURDAYS 12-4

For more information: ananda-dance.com

NEWS & EVENTS

ART EXHIBITION

STUNNING EXAMPLES OF WORK
CURRENTLY ON DISPLAY IN THE
CENTRE BY LOCAL
ARTIST DAVE BROOME

FREE ENTRY TO VIEW EXHIBITION
Framed work available to buy

(No appointment necessary, however, entry
to parts of exhibition may be
restricted due to treatment sessions)



Massage & Wellbeing Centre
18 Gandy Street
Exeter EX4 3LS
t: 01392 258855

enquiries@massageandwellbeing.co.uk
www.massageandwellbeing.co.uk



Massage & Wellbeing Centre
@ Gandy St

So much more than just Massage...

Here at the Massage & Wellbeing Centre you will find a friendly team of therapists who offer a wide selection of different therapies. Yes, we offer massage, but also laser light therapy for treatment of menopause symptoms, acne and a stop smoking programme; homeopathy, kinesiology, counselling, medium readings, reiki and so much more! Please feel free to come in for a chat. Alternatively, telephone us or visit our website.

Gift vouchers are available for all the therapies - a gift that is always appreciated and shows you care.



Gift vouchers
available to buy as a
present for that
special someone...

“the natural way to heal body & mind”

- Massage Therapy
- EFT (Emotional Freedom Technique)
- Body Stress Release
- Indian Head Massage
- Sports Injury Massage
- Crystal Healing
- NLP (Neuro Linguistic Programming)
- Acupuncture
- Craniosacral Therapy
- Homeopathy
- Integrative Psychosynthesis
- Kinesiology
- Laser Light Therapy
- Mayan Astrology
- Mediumship Readings / Past Life Regression
- Psychotherapy & Counselling
- Reflexology
- Reiki
- Seated Acupressure Massage
- Thai Yoga Massage
- Stop Smoking Programme

MENOPAUSE SYMPTOMS EFFECTIVELY TREATED ...with low level laser & light therapy

There is good evidence to show that this gentle, non-invasive treatment can effectively

- reduce hot flushes
- decrease mood swings & irritability
- improve sleep patterns



Nigel Millett, CNHC dipAPNT is trained in laser & light therapy and has evolved this treatment with great success over the past nine years.

The method uses laser technology combined with a knowledge of acupuncture points.

Testimonials, including from nurses & medical professionals who have been successfully treated, are available.

Smokers..... do you want to quit?

There is a very effective method for helping people to completely give up smoking if they really want to, it is no magic wand but it has had very successful results. Boosting endorphin levels is one major part of the treatment as this helps you to feel calm and more relaxed whilst breaking the smoking habit.

The method is laser light therapy and it is applied by directing pulsing infra red beams on specific acupressure points. Weight gain is normally not a problem with this treatment, cravings are kept to a minimum, the sinuses are also treated to stimulate self cleansing of nicotine, etc. All of this will lead to longer term improved health and fitness.

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