

# 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, 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 knowledge of acupuncture points. Testimonials, including from nurses & medical professionals who have been treated, are available.

For information and to make a booking please call Nigel:

01392 258855

07887 891218 (Mobile)

email: [enquiries@massageandwellbeing.co.uk](mailto:enquiries@massageandwellbeing.co.uk)

website: [www.massageandwellbeing.co.uk](http://www.massageandwellbeing.co.uk)

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## "the natural way to heal your body"

With the natural change of seasons happening around us, so can come a sense of change for ourselves. If you have found yourself feeling "stuck" in any way in your life perhaps it is time to take control and try something new. At the Massage & Wellbeing Centre you will find understanding and caring therapists who can help you on your way. Choose from the therapies listed overleaf, and don't forget Gift Vouchers are also available – a gift that is always appreciated and shows your care.

**ALOE VERA PRODUCTS** – Forever Living aloe vera products are available to purchase from the Centre.

**ART EXHIBITION** – supporting local artists, the Centre regularly changes its display of artwork.



## The Touch Workshops

Various dates available ~ 6.30pm to 8.30pm

"Enhance your relationship"

A workshop for couples to learn the basics of massage – To Book call 01392 258855

Only £40 per couple

**Gift Vouchers  
available for all  
therapies**

## "the natural way to heal your body"

- Aromatherapy Massage
- NEW! EFT
- Body Stress Release – *Featured Therapy*
- Indian Head Massage
- Sports Injury Massage
- Therapeutic Massage
- Acupuncture
- Craniosacral Therapy
- Homeopathy
- Hypnotherapy
- Integrative Psychosynthesis
- Kinesiology
- Laser Light Therapy
- Lymph Drainage Massage
- Mayan Astrology
- Mediumship Readings / Past Life Regression
- Psychotherapy & Counselling
- Reflexology
- Reiki
- Seated Acupressure Massage
- Shiatsu
- Stop Smoking Programme

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, ring on 01392 258855 or visit [www.massageandwellbeing.co.uk](http://www.massageandwellbeing.co.uk)



### Featured Therapy - Body Stress Release



Hugh Cochrane is the first practitioner of Body Stress Release in the South West. Body Stress Release is relatively new to the UK, but has been very successful in South Africa for over 20 years.

Body Stress Release offers a safe, gentle, yet effective way to help your body to release stored tension- tension which may be causing problems such as backache, headaches, muscle stiffness or a lack of energy.

Body Stress Release does not treat specific conditions, but rather enables the body to release its locked-in stress, thereby allowing it to return towards peak function. In this respect the technique is very powerful and past clients have reported improvements with:

Neck, hip, shoulder and back pain, sciatica, arthritis  
Painful and irregular periods  
Insomnia, anxiety, stress, fatigue  
Heartburn, IBS, constipation, colic in babies

This list is not exhaustive, and if you have questions about a particular problem, please feel free to call Hugh on 07941 612419.

During the session, the practitioner tests your body for stored tension. Precise pressure is then gently applied to encourage your body to release this build-up of stress. The client remains fully clothed throughout the session.