

ACNE – EFFECTIVELY TREATED

...with low level laser & light therapy
- no skin peeling or abrasion



Nigel Millett, dipAPNT, practices laser therapy, successfully treating acne and other conditions.

Stop Smoking and Weight Loss programmes using non-invasive laser therapy are also available.

For information and to make a booking call:

07887 891218 (Mobile)

01392 258855

email: enquiries@massageandwellbeing.co.uk

website: www.massageandwellbeing.co.uk

Massage & Wellbeing Centre
18 Gandy Street
Exeter
EX4 3LS



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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 you care.

THERAPEUTIC THURSDAYS – held on the last Thursday of every month. Come along between 4pm and 7pm and experience treatments for only £15 for 30 minutes.

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

Next available Workshop date ~

Thursday 12th November 2009

7pm to 9pm

“Enhance your relationship”

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

**Gift Vouchers
available for all
therapies**

“the natural way to heal your body”

- Aromatherapy Massage
- Ayurvedic Yoga Massage
- NEW! Body Stress Release
- 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.messageandwellbeing.co.uk



Featured Therapy - Homeopathy

Homeopathy is one of the most respected & widely used Complementary or Alternative Therapies available, and has been used worldwide for 200 years.

It is the consultation & remedy selected by the Homeopath that is the important part of the healing process, causing the patient to be able to deal with their health issues.

Remedies are usually in the form of small pills and can be used by the elderly, small children, expectant mums or by anyone with concern about their health.

Skin disorders, ME and Menopausal symptoms are just a few of the health issues which are particularly responsive to Homeopathy.

For further information please visit my website:
www.exeterhomeopath.co.uk

Homeopath Practitioner: Jackie Holdstock PG Dip. LCCH. RSHom

For further information and advice about any of the therapies on offer at Massage & Wellbeing, please call 01392 258855, or visit our website:
massageandwellbeing.co.uk