



Complementary Therapy

Complementary therapies are becoming more popular within our everyday living. We are now taking the "Holistic" approach to life restoring the balance and making the right adjustments to enable our bodies to heal naturally.

The ladies listed below are specialists in their own field and offer a wide range of therapies for your well-being.

Massage Therapy

For Appointment Please Contact

Kathy Murgatroyd

Indian Head Massage Swedish Massage
Reiki

01866 822364

or 07884 102627

Based in Taynuilt Home Visits Available

woman to woman

Be Your Own Therapist

A five week 1 to 1 informal course for women who do not feel in need of formal therapy but would like to explore positive ways to function in a troublesome world.

For more details contact Jen on: (01631) 710403
or email: jen.womantowoman@virgin.net

Jen Fitton

Confidential counselling for women



The Original Bowen Technique

NEW TO OBAN AND ARGYLL THE WORLD RENOWNED BOWEN TECHNIQUE

BOWEN IS AN ESTABLISHED, SAFE, and GENTLE THERAPY EFFECTIVE FOR ALL AGES and MANY INJURIES AND COMPLAINTS eg. BACK PAIN, FROZEN SHOULDER, CHRONIC FATIGUE and STRESS, HORMONAL PROBLEMS, and MANY OTHER CONDITIONS.

Argyll's Bowen Practitioner is HAZEL MUNRO B.N., R.M., B.T.A.A. "I have more than 20 years of experience as a nurse and midwife, and look forward to improving your health through this caring therapy."

PLEASE PHONE OR EMAIL HAZEL IN ARGYLL BOWEN PRACTICE
on: 01631 570881 or 0777057545 hazel.munro@bowen-technique.co.uk



Ashwhin Balanced Living Centre
Dunstaffnage Mains Farm, Dunbeg
by Oban Argyll, Scotland
PA37 1PZ
(44)01631 567192
Email: derby@ashwhin.com
www.ashwhin.com

We offer you a selection of complementary therapies, a wide range of ideas for self discovery and well being, a unique personal retreat - and the opportunity to go at your own pace, to do as much or as little as you like.

You choose.

flower essences, vouchers
Open 7 days a week, and evenings