



Complimentary Therapy

Complimentary 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

Kinesiology

can help a wide variety of conditions including:

anxiety, lack of concentration, depression, digestive disorders, eating disorders, emotional stress, fears, headaches, insomnia, IBS, learning difficulties, mental strain, panic attacks, poor self esteem, recurring infections, weight problems and unexplained symptoms.

Kinesiology uses muscle testing to detect energy blockages in the body. When cleared, the body activates its own self-healing. Energy medicine is natural, friendly, and gentle. It works alongside traditional medicine and other modalities.

Anne Barr 01631 563949

Mobile 07790 258 796

www.kinesiologyconnections.com



Ashwhin
Balanced Living Centre
A place apart

Ashwhin Balanced Living Centre
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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