



IN TOUCH WITH WholeHealth



NEWSLETTER Issue 5

An inspirational space to encourage sustainable living through Designer Makers, Complementary Therapies, Real Food EcoCafe, Plants, Events, Festivals, Courses & Workshops.

Health - that's what inspires us at **WholeHealth**. And we know that to be healthy we need to be in balance on all levels - body, mind and spirit. So, whether you are already well but want to feel supremely well, or whether you need to restore your health, we have something to offer.

Our team of highly experienced therapists continues to grow, enabling us to offer a comprehensive range of treatments to **enhance both your mental and physical health**. Additionally, we are keen to give you an opportunity to develop a greater awareness about how to take care of your own well-being, by running a **variety of courses and events**. These range from bodywork to Tai Chi Easy™ and beyond.

We are delighted to announce our partnership as a 'satellite' of **The Bristol College of Massage & Bodywork**. A successful series of 'Introduction to Massage' courses has already started. Suitable for both absolute beginners as well as those considering the year-long professional training, these courses explore massage as a creative process. We also continue to develop our '**WholeHealth Seminars**' which we take to the wider community.

It's impossible to detail all our activities in one small newsletter though. So please either pop in, call us, or visit our website - www.thefold.org.uk/wholehealth - for regularly updated information about all our treatments and courses.

WholeHealth Gift Vouchers

THE PERFECT TREAT!

A WholeHealth gift voucher is an ideal present for friends and family. Available in £5, £10 and £20 denominations. It could be a relaxing aromatherapy or holistic massage, a shiatsu treatment, indeed any of the therapies offered at WholeHealth. Let the recipient choose for themselves. **Call WholeHealth at The Fold on 01886 833922.**

(We do not have credit card facilities cash or cheque only please)



WholeHealth at The Fold, New House Farm, Bransford, Worcester WR6 5JB
Situated 3 miles from Worcester on the A4103 Hereford Road
For further information www.thefold.org.uk Tel: 01886 833922



Details regarding each of our therapists and the treatments they offer can be found on our website www.thefold.org.uk/wholehealth
 Please call WholeHealth on 01886 833922 for more info or to make an appointment. Alternatively you may contact the therapists directly.

THERAPY	LENGTH AND PRICE OF TREATMENTS*		CONTACT NO.
	1ST CONSULTATION	FOLLOW-UP VISIT	
Aromatherapy - Stella Reeve	1½ hour - £45	1 hour - £40	01905 640982
Bowen Therapy - Tim Willcocks	1 hour - £38	45 mins - £32	01684 567721 07736 736068
Counselling & Psychotherapy - Huw Richards	1 hour - £55	1 hour - £55	07939 061822
Cranial Osteopathy - Joanna Young	1½ hour - £49	45 mins - £35	01905 345409
Holistic Massage & Craniosacral Therapy - Jane Cox	1¼ hour - £40	1 hour - £35	01886 832846
Holistic Massage - Sarah Cohen	1 hour - £40	1 hour - £40	01386 861931
Indian Head Massage	Several therapists offer this treatment. Prices from £30 per hour		01886 833922
Medical Herbalism - Christine Steward	1 hour - £40 (with medicine £50)	30 mins - £20 (with medicine £40)	01544 318928
Reflexology - Pat Bourne	1¼ hour - £35	1 hour - £30	01905 351775
Shiatsu - Miranda White	1 hour - £35	1 hour - £35	07946 748104
Specialised Massage Therapy - Holly Jeffery	1 hour - £30	1 hour - £30	01905 613753 07598 919758

APPOINTMENTS AVAILABLE 9.00am - 5.30pm MON TO FRI WITH SOME THERAPISTS OFFERING EVENING SLOTS

*As of January 2009. Subject to change - please confirm at time of booking. Concessions available for some therapies.

