

Barn Therapy Centre

Therapies for a Modern World

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Your Merry Christmas may depend on what others do for you ... but your Happy New Year depends on what you do for others.

A snowflake is one of the most fragile creations, but look what they can do when they stick together!

Treatments available:

- Remedial & Sports Massage
- Indian Head Massage
- Hot Stone Massage
- Seated Acupressure Massage
- Thai Massage
- Hopi Ear Candling
- Pelvic Correction
- Aqua Detox
- Body Talk
- Reiki

Happy New Year and have a Healthy one!

How many of you have written or thought about your new year resolutions and broken some already.

Why not make one to look after yourself this year and insure that your body is in top condition to deal with the ongoing stresses and events of this year.

People under-estimate what a regular monthly treatment can do for you.

- Relieve tension
- De-stresses
- Improves circulation
- Releases toxins

- Eases aches

So why wait, call now to set up a maintenance plan that will increase your energy and make you feel that you can cope with everything.

Barn Therapy News

bags and Lavender oil

These are available for sell and for those winter cold evening what better that a heated bag in your bed to keep if snug. Also Lavender oil is a must for relaxing and inducing sleep. Why not put some in your shower and inhale the vapours.

Cancelled appointments

This is a polite notice to advise you that this year, I will be charging a cancellation fee of

appointment cancelled with less than 24 hours notice.

What is on offer?

Aqua Detox combined with a massage is offer this month. £10.00 off. You may combine it with a back massage, full body or Indian Head. The choice is yours.

What better way to start the New Year of with help to remove those added festive toxins.

Centre openings

Due to increased work

that my last appointment of the day will be 17.00 till 18.00. I am also introducing a limited Saturday morning appointment. The Centre opens from 8.30am for appointments before work.

I hope you have a good and healthy New Year and look after your body as it will look after you.....

