

Barn Therapy Centre

Therapies for a Modern World

Linda Thursby ITEC

Keswick Barn / Keswick Hall Road off Intwood Lane/ Intwood/ Norwich/ NR4 6TG
tel :01603 674467 / email: Linda@barntherapy.com / web: www.barntherapy.com



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If you would like to receive this newsletter via email or you know someone who would be interested, please contact me on

Linda@barntherapy.com

With the email address.

If you do not want to receive any more newsletter, please advise by phone or via email

Thank you

Treatments available:

- Remedial & Sports Massage
- Indian Head Massage
- Hot Stone Massage
- Seated Acupressure Massage
- Thai Massage
- Hopi Ear Candling
- Pelvic Correction
- Paraffin Wax
- Aqua Detox
- Room Hire
- 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

Lavender Wheat 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.

a cancellation fee of £10.00 for any appointment cancelled with less than 24 hours notice.

Price change

Cancelled appointments

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