

Barn Therapy Centre

Therapies for a Modern World

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Volume 1, Issue 1

Thank you for your support!

A big thank to you all for a fantastic year so far of the Centre being opened.

I was overwhelmed by the success of the Daily Telegraph offer for 2-1 treatments and I hope to be part of the next one.

A regular newsletter will be compiled and sent by email or post to update you on new treatments, offers and general information.

If you prefer to have the newsletter by email, please contact me via Internet.

Treatments available:

- Remedial & Sports Massage
- Indian Head Massage
- Thai Massage
- Hot Stone Massage
- On Site Seated Massage
- Hopi Ear Candling
- Reiki
- Aqua Detox
- Body Talk
- Pelvic Correction
- Paraffin Wax
- Room Hire

July 2006

Introduction...

I had this dream to open up my own Therapy Centre. Now it has come true.

I have been involved with Complimentary Therapies since 1992. The various skills I have acquired, gives me the opportunity to offer bespoke treatments to cli-

ents. Once a detailed medical history is taken, I can recommend a package for the client to experience a sense of well being, pain relieve and a recharged mind and body.

I believe that if you look after your body, your body

will look after you. Would you ignore a noise from the engine of your car? No! So why ignore aches, pains, stress related injuries.

Monthly treatments are encouraged as a maintenance programme, but regular visits are necessary at first.

New Treatments at Barn Therapy Centre

Hot Stone Massage has been used in many different cultures for many years. Hot stones expand the blood vessels, helping move



blood faster round the body and sedates the nervous system. The application of cold stones stimulates the nervous system by causing vessels to contract and increasing the lymph flow of waste materials round the body. The stones also go deep into the muscle tissue and this helps improve circulation, reduce stress, tension.

During the treatment the therapist applies oil to the skin and glides the stones across the body, tracing

some energy lines and using acupressure points. Stones are also placed between toes and under the back.

This is a very relaxing treatment that works on the body, mind and soul.

Introductory Price
£35.00 normally
£55.00

Therapeutic Yoga Massage for legs

The aim is to release toxins and waste materials from joints, muscles and connective tissue, and stimulate internal organs by gentle pressure on specific energy points.

The massage is carried out on a mat on the floor. The therapist uses both their hands and feet to apply pres-

sure to the client's fully-clothed body and to carry out a range of gentle stretching movements. *It is great for releasing tension within the body and can be an effective pain relief. It improves the function of the lymph glands and blood circulation, balances the nervous system and clears out blocked and stagnant energy. It is good for a range of musculoskeletal problems as well.*

This is an amazing treatment for sports people, congested heavy legs and it also improves posture. Word of warning, this is not a relaxing massage, more a tension releasing workout.

Introductory Price
£20.00 normally
£30.00

What is Body Talk?

• [Loyalty Card Scheme](#)

- At each visit, you will have a card filled in with the date and type of treatment. When you have had 5 treatments, you will receive the 6th [Half Price](#). If you refer a friend, you will receive a [HALF PRICE](#) treatment as a thank you.

[Running Club](#)

I have had some interest by several clients to start up a running club from Barn Therapy Centre. I would love to hear from anyone who is interested and what you would like to have included in the session.

Please email me on

Linda@barntherapy.com

Body Talk was developed by Dr John Veilthiem, in the 1980's. It is based on the wisdom of advanced yoga, energy dynamics of acupuncture, Applied Kinesiology and western medical expertise.

It allows the body's energy system to be re-synchronized so that they can operate as nature intended. Each system, cell and atom is in constant communication with the other.

Through exposure to the stresses of day-to-day life, these lines of communication break down. This can lead to

a decline in physical and emotional health.

Reconnecting these lines enables the body to function, so preventing disease and accelerating the healing process.

This can also help allergies, phobias, sports injuries, dyslexia, viruses and even how the environment can affect us.

The treatment consists of making sure all the connections are in place for the brain to be able to communicate with the body. Once this is done, for every malfunctioning energy circuit that is found, the practitioner or client con-

tacts the corresponding "points" with their hands. The practitioner then lightly taps on top of the head, which stimulates the brain centers and caused the brain to re-evaluate the state of the body's health. The practitioner then taps the sternum to "announce" the corrected energy flows to the rest of the body.

If you would like to know more or book a treatment or a course of them, call the Centre for an appointment.

Why do we need Pelvic Correction?

This is based on the understanding that your pelvis is the foundation of your body. If it is positioned correctly, the spine will obviously be straight and all the muscles, tendons and nerves will also be in their proper position.

If, unfortunately, as is the case for the majority of the population, we have one leg longer than the other or our pelvis is twisted. This leads to back,

neck pain, sciatica problems and numerous others.

I have managed clear up a hip problem with regular use of a contraption called Back Champ. Clients have also noticed improvements as well.

People who have constant back problems, trapped nerves, neck problems, may be interested to try this at the Centre. If you find it

works, maybe you would like to purchase one, in due course. I will be able to supply these at the price of £79.99.



Prescriptive Packages

More of my clients are wanting personal packages with several treatments in the space of two hours. This has been a great success and the treatments have been selected to work together. The most popular one, seems to be Massage, Reiki and Aqua Detox. The results have been fantastic with glowing faces and sparkling eyes to show.

This is one of the reasons the

medical history is so detailed, so I can suggest treatments that can help and that you may have not thought of trying.

The other package has been the pelvic correction with a massage. There is also a Hot Stone Back massage option as well

If you would like your own package, please call so that we can discuss this.

Prices

30 mins Massage

30 mins Reiki

Aqua Detox

£ 50

Pelvic Correction

Body Talk adjustment

45 mins Massage incl Head

£ 38