

Barn Therapy Centre

Therapies for a Modern World

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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

What a Buzzz.....

I am having the time of my life. I am finally doing something that I feel so passionate about and have to pinch myself as it feels great.

I have met some amazing people and had some incredible results through the various therapies I have used

on clients. The biggest results have been when two therapies have been put together and there seems to be a deeper relaxation in the client.

I would also like to thank you for the referrals and for each referral, you are enti-

led to a 1/2 price treatment.

If you look after your body, your body will look after you. So go on treat yourselves..... You deserve it....

Barn Therapy Promotions

Aqua Detox

The Summer Holidays are over and kids are back at school. How are you feeling? How are your energy levels? Are you feeling sluggish? Did you over-indulge?

Well there is light at the end of the tunnel. A revolutionary treatment is available to help remove accumulated toxins and waste from the body, helps with some skin conditions, liver and kidney complaints.

Your feet are placed in a saline solution with an array that emits a very low electrical frequency and this kick starts your body to release the stagnant toxins and waste and help excrete them through the millions of pores in the soles of your feet. The water will change colour from a light rusty to a

black green colour depending on how responsive your body is. Just after one session, skin conditions can disappear, sinus problems have calmed down, you feel energized.

This is a fantastic treatment to have after massage as the latter will already have helped release toxins and waste.

So book an Aqua Detox for the special price of £20.00 and if you book a massage and an Aqua Detox you will get £5.00 off.

Future exhibitions

Just to give you few Diary Dates for the next few months.

I will be exhibiting at the following places. If you are interested in visiting the exhibition, it would be lovely to see you.

Sat 7th /Sun 8th Oct

Hewitt School

Norwich

10 am -5 pm

Sat 18th Nov

Mangreen Hall

Mangreen

10 am-4 pm

Recreational Running

Running can be for purely recreational purposes, as a means of getting fit and keeping fit for fun!

Even with recreational running it is extremely beneficial to vary the distances and speeds that you run. If you run at the same speed and distance all the time that is all you will be able to do, but if you throw a slightly faster session into your programme once each week, you will begin to find the slower, more fat burning sessions, easier to perform.

All round fitness comes in all shapes and forms. To be fit means to be fast, to be slow, to be able to jump high, to be able to crouch low. So if you truly want to be fit then variety is very important.

Having fun when you run is different for everyone, so it is about what is right for you. Some people like to run on their own (always think about safety when running alone). Other people enjoy running with a club and others with friends. However it is up you to choose to run, always run at the level that you feel is right for you. It can be very beneficial running with people that are slightly faster than you, but only sometimes. One

session a week that really pushes you can really give your fitness the extra kick that it needs. Sometimes it can be difficult to run slow, but running slow is also important sometimes, so running with a friend who runs more slowly than you can help. Remember it is always about variety!

If you are going to have fun when you run then where you run has got to be important. Running in rural, woodland and forest areas are full of beautiful surroundings and also softer and safer on the joints. Be safe when you run though, run with a friend.

Remember the longer and more steady you run the more body fat you will use. However, the longer you run the hotter and more dehydrated you can become, so always carry a running bottle with you, even if it is not a hot day, remember you are exercising so you will dehydrate if you do not drink. To read more on safety when running read 'Introduction to Running'.

Whatever type of running you choose to do, collect your individual running programmes at Fitness is Fun!

Remember whatever type of training you choose to do, it is important, because it is about your time and your individual health and fitness.

Written by Lisa Symonds

Fitness is Fun

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• 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

Final note..... till next newsletter

I cannot stress enough the importance to maintain your body in this day and age. We all suffer unnecessary stress and tension and put our bodies under so much pressure. **If you hear a noise in the engine of your car... you look into it and if needs be go to the garage to have it repaired.** Our bodies are just like a car, with networks, joints, muscles and organs. If we ignore aches and pains,

these will soon built up. This is when people resort to pain killers, time off work and in some cases when help is sort after, surgery used. Is this really how we should look after your body? There is so much being documented on how foods affect you and how exercise is fab for toning up and increasing cardio and muscle strength, so do not neglect the rest of your body. Start a programme to have at

least a monthly treatment as an on going maintenance plan.

Obviously in some cases more regular treatment may be required if there is a problem.

So look after your body and it will look after you.... go on treat yourself... you deserve it.