



Petrina Clarke Dip ASK, IFHB, ITEC, NFSH
Holistic Practitioner & Tutor

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www.naturalhealthandhealing.org.uk

Holistic Treatments:

Systematic kinesiology:

Systematic kinesiology was developed by Dr. George Goodheart in 1964. This holistic therapy is a touch therapy which consists of gentle non invasive muscle testing, this helps the individual to discover what the body requires using the body's bio-feedback mechanism. If the muscle is unable to hold under light pressure this indicates that there could be an imbalance and can be corrected using a variety of techniques. The balance can be brought back by simply releasing an energy block, introducing a nutritional supplement, eliminating toxins, reducing tension and helping the body's natural healing process.

Here are some of the benefits – an increase in energy levels and improvement of digestive imbalances and find out what you could be sensitive to. Old injuries, back and neck problems. Enhance your learning capabilities and confidence. Help to release past trauma and emotional upset. Improve your athletic and sport performance, be the best that you can be through goal setting and belief systems. Be more motivated and optimistic. Kinesiology can improve your quality of sleep.

Testing for food sensitivities and advice on correct nutrition and food is an essential part to kinesiology.

- First treatment with consultation £60.00
- Treatment £50.00

Alignment bodywork :

Alignment bodywork is very gentle and effective with successful results. This consists of using a variety of bodywork techniques specifically personalised for the individual's needs on alignment of the body. Using a G4 machine deeply relaxes the muscles.

The benefits can enhance mobility and flexibility. Helps to relieve tension, discomfort and can reduce pain within the body. Works on the spine and pelvis, and improves muscular performance.



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Personalised and specialised bodywork :

This treatment consists of using a number of techniques that work together and affects the body to create a state of well being. These techniques work on different problems of the body.

- First treatment with consultation £60.00
- Treatment: £50.00
- Treatment 1hr and 30 min: £65.00

Aromatherapy :

Aromatic plants have been used since the dawn of history to aid healing to the body and mind. Aromatherapy can be defined as the controlled use of essential oils to maintain and promote physical, psychological and spiritual well being. Essential oils are highly aromatic and the scent of an oil makes a vital contribution to its healing properties.

Aromatherapy works on the lymphatic system of the body, which helps to improve the immune system. We use organic essential oils to blend together the desired effects for the individual requirements. Here are some of the benefits relaxing, de-stressing, stimulating or detoxifying, helping muscular aches and pains. Aromatherapy enhances the body and mind connection.

- First treatment with consultation £60.00
- Treatment £50.00

Emmett Technique:

This unique body therapy has been shown to ease pain and discomfort, increase movement and improve quality of life.

The Emmett Technique involves the application of light finger pressure at specific points on the body. In a similar way to the touch - screen the body responds to light touch by changing muscle tension and action. Treatments may be done fully clothed, preferable to wear loose clothing.

Helps with Back and hip pain, shoulder restrictions, knee and ankle restrictions, foot and heel pain, headaches, breathing restrictions, lymphatic and sinus congestion, abdominal cramps, discomfort during pregnancy and much more



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- First treatment with consultation £55
- Treatment £45

Neutral –Space relaxation bodywork:

Experience the power of deep relaxation, Neutral – Space relaxation bodywork techniques are simple and straightforward with the emphasis on pure relaxation. This method is very beneficial and powerfully effective. Neutral-space affects the para - sympathetic nervous system of the body which helps to switch off the stress reflex.

Discover a quiet space in deep relaxation allowing you to recover and reconnect to your body and mind. Eases your physical discomforts and strengthens your core energy. Helps to clear and calm your mind to create a space for change allowing you to reach your full potential.

Please wear loose comfortable clothing.

- Consultation £10.00
- Treatment 30min £25.00
- Treatment 1 hour £45.00

Ionic spa technology:

The revolutionary way to rebalance your body and detoxify, reduce pain and revitalise the body. This ionic foot spa is an excellent energy boost. This treatment is especially Good for stiffness in joints and muscles, arthritis, digestive problems, swollen extremities and hormonal balance.

A relaxing reflex foot massage is included with the Ionic spa.

- First treatment with consultation £45.00
- Treatment £35.00

Courses of treatments are available at a discounted price

- Course of three treatments with £10 off £95
- Course of 5 treatments plus 6th one half price £192.5

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Foot reflex massage:

Relaxing and de-stressing treatment. Massaging all the reflex points on the foot opens the energy pathways (meridians), to the body creating balance and well being for the body and mind.

In reflexology terms the feet represent the body and by massaging the reflexes of the foot you can improve and enhance your health and vitality. This treatment will also deeply moisturise your feet with the use of organic creams.

- First treatment with consultation £45.00
- Treatment £35.00

Indian head massage:

Good for headaches, insomnia, neck and shoulder tension. Help to improve your memory and clarity. Calms the mind and clears the sinuses. Stimulates the hair growth and enhances the condition of the hair.

Using a variety of movements which are relaxing, calming and invigorating muscular tension is relieved and the scalp is loosened relieving tension around the head.

- Consultation £10.00
- Treatment 30 - 45min £27 - £35.00
- Treatment including steam towels and warm conditioning oils £40.00

Cancellation Policy

Please note that we require 24 hours notice to cancel or re-schedule appointments otherwise a 50% charge will apply.