



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

Tel: 01404 822687 / 07967 143894  
Email: [petrina@naturalhealthandhealing.org.uk](mailto:petrina@naturalhealthandhealing.org.uk)

## Corporate Treatments

### Treatment 1: Energy Booster

Do you find that you have low energy at certain times of the day or have you simply lost your get up and go? This treatment may be what you are looking for...

This treatment focuses on treating the lymphatic system, boosting your kidneys and adrenals, and helping to replenish your central nervous system.

Following a 15 minute consultation this treatment will include a variety of techniques to meet your specific needs.

### Treatment 2: Brain Booster

Are you struggling to maintain good levels of concentration during your working day? Feel like you need a bit of a boost?

This treatment will focus on improving your memory, enabling you to think more clearly and concentrate for longer periods of time.

Following a 15 minute consultation your treatment will include a combination of some or all of the following techniques:

- Kinesiology
- Emotional Freedom Technique (EFT)
- Brain Gym
- Visualisation



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### Treatment 3: Body Alignment

Do you suffer from aches and pains or do you have restricted movement? A really good body alignment session could help you to loosen up and find your core strength again.

This treatment helps to reduce pain and discomfort in the back and neck area. It will also strengthen core muscles if they have been switched off due to various stresses and strains. Correct alignment of the pelvis reduces unnecessary discomfort in the rest of the body.

Following an initial consultation of 15 minutes, this personalised treatment will use a combination of techniques, including kinesiology.

### Treatment 4: Indian Head & Upper Body Massage

Feeling tense across your shoulders and neck, suffering from headaches or just need to quiet your busy mind, then this treatment could just be the thing for you...

This treatment helps with neck, shoulder and upper body tension. Reduces headaches, calms the mind and clears the sinuses. It also reduces muscular aches and improves the mobility of the neck and shoulder area. The massage can also stimulate hair growth and its condition.

Following a 15 minute consultation this treatment is performed in a seated position.

### Treatment 5: De-stress Treatment

Day to day life is increasingly stressful so why not allow yourself to indulge in the power of deep relaxation?

This treatment consists of gently holding and rocking parts of the body, using effective, non-invasive and supportive techniques which are simple and straightforward. These movements affect the parasympathetic nervous system of the body which helps to switch the stress reflex off.

This method is very beneficial and powerfully effective. Discover a quiet space in deep relaxation allowing you to calm your mind and unwind your body. Create a space for change, helping you to reach your full potential. Experience the tension leaving your muscles and your senses slowly unravel, while you leave behind the fast pace of life.



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## Treatment 6: Systematic Kinesiology

Do you want to enhance your sport and athletic performance, improve your goals or change your thought patterns? Why not give this life-changing therapy a go?

It is a totally holistic therapy which uses the body's bio-feedback mechanism through muscle testing to gain information about you. The muscles become the monitors and are used to test and correct stress and imbalances within the body.

This is an incredibly effective therapy that helps the body to release energy blocks, eliminating toxins, reducing tension and aiding the body's own natural healing process. It can be a very effective in treating old injuries, will boost the immune system and reduce anxiety, worry and stress.

Following this initial treatment will be a 15 minute consultation.