

RAINBOW HEALING

REIKI TREATMENTS
AND WORKSHOPS
INDIAN HEAD MASSAGE
HOPI EAR CANDLES

HELP YOUR BODY HEAL ITSELF
RELAX TENSE MUSCLES
INCREASE ENERGY LEVELS
FIND INNER PEACE

JUDY CAULDWELL

Reiki Master Teacher BARBAC

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www.rainbow-healing.org.uk

Lianelle

COUNSELLING
& THERAPY

Counselling is a safe way to work through a wide range of problems including relationships, self confidence, stress, anxiety, bereavement, childhood issues and other problematic areas.

For a confidential service in a private and peaceful setting, or to arrange sessions in your own home, contact

Shirley Hough

Cert Dip, Counselling, MBACP

01332 840485

36 Derby Road, Duffield, Belper, Derbyshire



Peter Waugh DipCFHP. Mps Pract.
Home Visiting Foot Health Practitioner

Reliable, professional foot treatment
in the comfort of your own home.

Corns
Hard skin
Cracked heels
Ingrown nails
Heel pain
Diabetic care
Hard to cut nails

Whatever your foot problems, I can help.

Why suffer with painful feet?

Make your appointment now.

Call 01332 883345 or 07969 566395

I visit the whole of Amber Valley.

Home visits only £19.00

Foot Notes

Many people who have never had a home visit from a foot care professional are a little unsure what to expect on the first appointment, so I will try to give a little guidance and take the mystery out of it all.



Firstly, don't worry about providing anything as I come equipped with everything I need to carry out your treatment, which can be carried out anywhere you feel comfortable. The only thing I ask is that we can put on a light if it's not an area with much daylight. It has to be said, with the dull weather we've experienced this summer that could be necessary just about anywhere!

I will begin by taking a brief medical history (including details of any medications you may be taking) to make sure that I have a thorough understanding of your health. This gives pointers to any symptoms you may be experiencing, and also allows me to decide which treatments would be most suitable for you.

I will then examine your feet and, depending on your medical history, may test the pulses in your feet and carry out a painless sensitivity test to ensure that everything is as it should be. The main purpose of the examination is to evaluate anything which is causing you any discomfort.

I will then discuss with you what remedial steps we can take to deal with any particular problems you may have and, assuming you're happy to proceed, I will provide the necessary treatment. Once I've finished the treatment I will just need somewhere to wash my hands.

Take care, Peter Waugh (Amber Feet)