

Claire Salt MICHT IIHHT



REFLEXOLOGY, INDIAN HEAD MASSAGE, HOT STONE MASSAGE, AROMATHERAPY

## **BEAUTY TREATMENTS**

including Manicures, Pedicures, Body
Waxing and Fake Tanning
BUY GIFT VOUCHERS FOR THE
IDEAL CHRISTMAS PRESENT

Positive Steps to Better Health Claire Salt, Woodhouse Road, Horsley Woodhouse 01332 880585 or 07905 213554

## Unwind and be revived.

professional, confidential and flexible service in a calm and relaxing environment

Body Massage from just £18

Indian Head Massage Aromatberapy Massage Reflexology

Christmas Gift voachers
Call now and book your

appointment and free consultation

Margaret Rippingale ITEC IIHHT,
Woodhouse Road, Horsley
Woodhouse 01332 882200
or 07854 494911

## WANT TO LOSE WEIGHT AND KEEP IT OFF NATURALLY?

IMPROVE YOUR OVERALL HEALTH AND WELLBEING?

Forget diets, learn to enjoy food AND lose weight!

Ever thought of using Hypnotherapy to reach your goal?

Hypnotherapy works by helping you to feel differently about food and re-learn to listen to and work with your appetite.

By changing the way you think and feel about food you make a lifelong change, so once you have achieved your ideal weight you can remain at it.

Every session is tailored to your specific needs and goals.

Want to feel great? Got any questions?

If you are ready to make the change,

call Sally on 01773 764272 or



