

## HERE'S SOME EXCELLENT REASONS FOR ADVERTISING WITH 'ALL THINGS LOCAL'



- This is a TOTALLY INDEPENDENT publication – not governed by corporate rules
- I am a sole trader and live in the area – so I know the area well
- I deal with all enquiries from advertisers and readers personally
- I'm part of the community I distribute to – so I genuinely care

**STAY IN MY NEST AND I'LL HELP YOUR BUSINESS TO FLY**



**MAKING IT MY BUSINESS TO HELP LOCAL BUSINESSES GROW**

For more information: Call Karyn Milner on 01332 882882 or 07977 272770

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## RAINBOW HEALING

### REIKI

INCLUDING COLOUR REIKI  
INDIAN HEAD MASSAGE  
HOPI EAR CANDLES

**REDUCE STRESS**  
**RELAX TENSE MUSCLES**  
**INCREASE ENERGY LEVELS**  
**RELIEVE EAR NOISE / SINUSITIS**  
**FIND INNER PEACE & STRENGTH**

JUDY CAULDWELL BABTAC

Reiki Master Teacher

Tel: 01773 828417 / Mob: 07875 367 270

Reiki Master Practitioner

Ken Russell

Usui System Of Natural Healing  
Restore Your Body's Balance  
Relieve Stress & Anxiety  
Suitable For All Ages  
Free Consultation

### What is Reiki?

Reiki is a safe, gentle, non-invasive form of hands-on healing. Recipients report their experience of Reiki includes increased energy, reduction of pain, deep relaxation and a general feeling of well being.

[www.kenrussellreikimaster.co.uk](http://www.kenrussellreikimaster.co.uk)

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