AND KEEP IT OFF

LOSE WEIGHT

NATURALLY AND EASILY

Forget diets, learn to enjoy food AND lose weight! You can improve your overall health and wellbeing.

Hypnotherapy can be highly successful in helping you reach your ideal weight.

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, easily.

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,



Unwind and Revive Professional Confidential Flexible Service Body Massage from £20 Indian Head Massage - Aromatherapy Massage Reflexology Free Consultation & Aftercare Advice

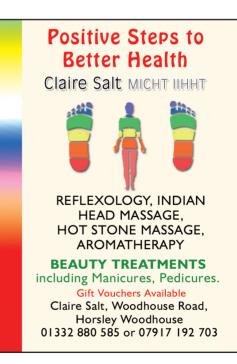
> Margaret Rippingale ITEC IIHHT, Woodhouse Road, Horsley Woodhouse 01332 882200 or 07854 494911

Gift Vouchers for all Occasions

DO YOU RUN A HEALTH OR BEAUTY BUSINESS? ADVERTISE IN A SPACE THIS SIZE TO 8,800 HOUSEHOLDS FROM AS LITTLE AS £25 PER ISSUE*

> Just call Karyn Milner on 01332 882882 email : karyn@allthingslocal.co.uk

*Based on a minimum booking of six consecutive issues. Cost is £30 per issue based on a minimum booking of three consecutive issues. - Pre-payment required.



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