

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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WHAT'S THE PROBLEM? - ALL KIDS PLAY WITH THEIR FOOD

# RAINBOW HEALING

REIKI TREATMENTS  
AND WORKSHOPS

KINESIOLOGY  
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 HARTAC  
Tel: 01773 828417 / Mob: 07875 367 270  
[www.rainbow-healing.org.uk](http://www.rainbow-healing.org.uk)

## MOBILE MANICURE NAIL ART & NAIL EXTENSIONS

Give your hands & nails the pampering they deserve in the comfort of your own home. They will appreciate it after all the hard work they do.

Shape & Polish  
from £7.00

Nail Art  
from £5.50  
(Gems from 40p each)

Childrens & Adult Nail Parties  
catered for. Prices from just £5

Manicures from £10.50

UV Gel & Acrylic Nail  
Extensions from £36.50

3D Gel Designs from £5.25



## FINGERS 'N' THUMBS

Phone Alison on 07800 779 352  
email: [fingers-n-thumbs@fsmail.net](mailto:fingers-n-thumbs@fsmail.net)