

FEEL CONFIDENT

In Whatever You Choose To Do

Lack of confidence can hold us back from doing the things we would really like to do. Whether it's going for a better job, getting to know people, public speaking, presenting or anything that you feel unable to do, Hypnotherapy can help.

Quite often, just one or two sessions can make a huge difference to how you feel and in turn, the enjoyment you get out of life.

Sessions are 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 email:
info@derbyshirehypnotherapy.co.uk



Lotus Holistic Therapies

Margaret Rippingale ITEC IIHHT
Horsley Woodhouse 01332882200

Body Massage Indian Head Massage
Aromatherapy Reflexology
Hopi Ear Candles
Yoga - classes & 1 to 1



... Claire Salt ...

MICHT • IIHHT
Member of Federation of Holistic Therapists

REFLEXOLOGY - AROMATHERAPY - INDIAN HEAD MASSAGE
FACIALS - NAILS - WAXING
WAKE UP - COLOUR CONSULTATION



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AFFINAGE
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INFINITI

Do you suffer with Headaches, Neck & Shoulder pain, Backache & Sciatica, Leg aches, Stress & Tension, Sleeping Problems, Depression, Muscular Pain?
We can help.

Hydrotherm Massage

Unique system using cushions filled with water which you lie on face up allowing your body to remain fully supported and totally relaxed.

Pregnancy Massage

Using the Hydrotherm system so no need to turn over - helps to accommodate the changes that are occurring within your body

Reiki

Inducing deep relaxation and can help relieve stress, tension and pain

Reflexology

Focuses on stimulating reflex points on the feet

Gift Vouchers
make ideal
Christmas
presents



Many other treatments available including:

Indian Head Massage,
Hopi Ear Candles,
Facials

NATURALLY BALANCED HEALTH
2c Market Place, Heanor
Jenny Brown: 07963 150871
Jenny Harris: 07748 860894