



Acupuncture

Ivano Peron

Acupuncture restores health through the insertion of fine needles into specific points on the body to stimulate a harmonious flow of energy. It can assist with a wide range of conditions.

Aromatherapy

Susan Haines

Aromatherapy is the therapeutic use of essential oils to promote and enhance health and well-being. The oils are blended to suit the individual and massaged into the body using slow and gentle movements.

EFT (Tapping)

Martin Adam

EFT helps deal with problems that have an emotional basis by gently tapping on acupuncture points to bring the energy system back into balance. It can help you change unwanted behaviours, habits and limiting beliefs.

Hopi Ear Candling

Lindsey Juniper

Hopi candles are a natural and relaxing way to treat many ear conditions, by drawing out impurities. A candle is burned in each ear for about 10 minutes, followed by massage of face, head & feet to enhance healing.

Homeopathy

Gill Marshall

A homeopath matches a remedy to you as an individual, by learning about your health and other characteristics. Remedies are highly diluted and non-toxic and stimulate your body's natural system of healing. This can help with a wide range of conditions, physical and emotional.

Hot Stones Massage

Samantha Preston

This is a deeply relaxing, reviving and balancing massage of the body and face using hot and cold stones and therapeutic oil.

Hypnotherapy

Martin Adam

Hypnotherapy addresses our subconscious mind to enable us to respond to beneficial suggestions and so make positive changes in our lives. It can help with stress, anxiety, phobias and unwanted habits and addictions.

Indian Head Massage

Lindsey Juniper

This relaxing therapy involves massage of the head, neck and shoulders. It is performed seated and fully clothed and can relieve aches and pains and tension.

Iridology

Caroline Westoll

Iridology is the study of the iris of the eye and is a simple, non-invasive technique to help determine what is occurring inside the body. It can reveal your general health status and assess your constitutional strengths and weaknesses.

Ki Massage

Jo Braham

Ki massage works to free the physical body of aches and pains whilst gently balancing the emotions. Work on the physical body allows access to the subtler energy bodies.

Manual Lymphatic Drainage

Dawn Goodes

This massage is a useful treatment for clients with a sluggish lymphatic system or feeling run down. It is a gentle & relaxing massage that works skin deep without oil.

Nutritional Therapy

Kate Chaning-Cotter

Caroline Westoll

This involves looking at your current diet and lifestyle to identify nutritional imbalances and preparing a personalised nutritional programme to help you rectify these through healthy eating and, if necessary, nutritional supplements.

Osteopathy

Jo Braham, Nigel McCall, Rachael Pereira

Osteopaths diagnose and treat conditions affecting the structure of the body, such as the skeleton, muscles & ligaments. Our osteopaths offer both cranial and structural approaches. They commonly treat back, neck and joint pain and problems in pregnant women, babies and children.

Pilates

Alison Beckett

Pilates is a holistic exercise method, designed to elongate, strengthen and condition the body. It targets the deep postural muscles of the abdomen and spine to improve central core stability.

Podiatry / Chiropody

Malcolm Leak, Flo Paul

Podiatrists treat a wide range of foot and lower limb problems including routine foot care and looking at how poor foot function can cause knee or back problems.

Reflexology

Lindsey Juniper

Reflexology is a holistic discipline involving massage of pressure points on the feet. This works to stimulate the self-healing mechanisms of the whole body.

Sports Massage

Dawn Goodes

This is a deep massage which can alleviate the stress and tension which can build up in the body's tissues during everyday life as well as during exercise. Each massage is tailor-made for the client. Regular massage can help to prevent injuries and to restore mobility to injured tissues.

Swedish Massage

Susan Haines, Ivano Peron

Our therapists massage with oils, using firm but gentle pressure to promote relaxation and a sense of well-being. This may help ease aches and pains & improve circulation.

Thai Yoga Massage

Samantha Preston

This is a powerful massage therapy combining acupressure, gentle stretching and applied yoga. The massage is practised fully clothed and encompasses the entire body, from feet to face.

Yoga Lessons

Samantha Preston

Individual lessons are available, tailored to your specific needs and so suitable for beginners and those wishing to deepen their practice of yoga.

Prices

Therapy	First Appointment	Subsequent Appointments
Osteopathy adult	£45	£37
child	£40 / £35	£32 / £28
Homeopathy adult	£55	£42
child	£45 / £35	£37 / £28
Nutritional Therapy adult	£60	£45
child	£36	£28
Podiatry / Chiropody	£31	£26
Biomechanical exam.	£46	
Shiatsu Facial Rejuvenation	£65	£45
Aromatherapy	£48	£48 / £40

Therapy	Price
Acupuncture adult / child	£35 / £25
Pilates	£36
Reflexology	£38
Iridology	£30
Hypnotherapy / NLP / EFT	£45
Shiatsu	£45
Energy Healing	£45
Ki massage	£60
Swedish massage	£35
Sports massage	£40
Indian head massage	£32
Hot stones massage	£48
Thai yoga massage	£47
Manual lymphatic drainage	£40
Hopi ear candles	£38
One-to-one yoga	£30

Ashdown Natural Health Clinic

aims for the highest professional standards in complementary health care. Our philosophy is to provide treatments suited to you as an individual and designed to support your long term health and well-being.

All the therapies offered at the clinic are described briefly in this leaflet. More detailed information is available in individual therapy leaflets.

For further information, please do get in touch or drop in to the clinic. All our contact details are set out below and we welcome your enquiries.

Clinic Opening Hours

Mon & Wed	08.30 – 17.00
Tue, Thur & Fri	08.30 – 19.00
Sat	08.30 – 13.00

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Introduction

