



## Acupuncture Ivan Peron, Loredana Labriola

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.

## Alexander Technique Paul Symes

The Alexander Technique helps you to identify and prevent the harmful postural habits that aggravate, or may be the cause of, pain and stress. It teaches you to release tension, alleviate pain and regain natural flexibility & poise.

## Aromatherapy Ruth Loughton

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.

## Chromatotherapie® Brigitte de Diepold

Chromatherapy is the therapeutic application of coloured light to eyes or skin to influence the body's energy system and so resolve health imbalances.

## Counselling Charlotte Williams

Counselling is an opportunity to explore troublesome issues, relationships and life events with a person who is trained and skilled in helping us find a way to go forward in life.

## HeartMath® Joanne de Diepold Braham, Ulysses de Diepold

Stress and anxiety management is provided, using the HeartMath® system, a combination of tools and techniques that use biofeedback to assist you in altering your reaction to stress and anxiety.

## Homeopathy Gill Marshall, Catherine Smith

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.

## 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.

## 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.

## Ki Massage Joanne de Diepold 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.

## Massage Loredana Labriola

Our therapist offers an hour long full body massage or a half-hour back and shoulders massage. A range of techniques may be included, making a massage suitable as a gentle relaxing treat or as a deeper treatment to relieve areas of muscle tension.

## Naturopathy Brigitte de Diepold

A range of natural methods are employed to aid detoxification, treat health problems and promote overall well-being. Our naturopath has studied both Eastern and Western healing and will choose an approach to suit you.

## Osteopathy Joanne de Diepold Braham, Nigel McCall, Rachael Pereira, Ulysses de Diepold

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 treat patients of all ages including 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 Jan Mallon

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.

## Pregnancy Massage Dawn Goodes

This can reduce fluid retention, improve pregnancy related postural imbalances and relax mother and baby. It is available to expectant mothers from 3 months to full term, provided the pregnancy is progressing well.

## Reflexology Lindsey Juniper, Ruth Loughton

Reflexology is a holistic discipline involving massage of pressure points on the feet. This brings the body into balance, creating feelings of well-being and harmony, and can be useful in treating many conditions including stress and anxiety, digestive and circulatory problems.

## Shiatsu Sarah Bristow

Shiatsu bodywork is a traditional hands-on Japanese healing art. It can help in a wide range of conditions and is excellent for stress relief.

## 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.

## Yoga Lessons Sarah Bristow

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	£47	£39
child	£42 / £37	£34 / £30
Homeopathy adult	£57	£43
child	£47 / £37	£38 / £30
Naturopathy	£75	£40
Chromatotherapie®	£75	£40
Alexander Technique	£40	£35
Podiatry / Chiroprody	£31	£26

Therapy	Price
Acupuncture	£42 / £38
Pilates	£38
Counselling	£40
Shiatsu	£50
Yoga	£50
Reflexology	£42
HeartMath®	£70
Ki massage	£70
Aromatherapy	£45
Full body massage	£42
Back & shoulder massage	£28
Sports massage	£42
Indian head massage	£38
Pregnancy massage	£40
Manual lymphatic drainage	£40
Hopi ear candles	£44

## 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

## Ashdown Natural Health Clinic

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# Ashdown Natural Health Clinic

## Introduction

