



Thame Therapy Clinic

Winter 2016 Newsletter

www.thametherapyclinic.co.uk

Hello.....

Welcome to all clients and friends of Thame Therapy Clinic.

This is our 24th year of bringing you the best in complementary health therapies.

In this newsletter we bring you news from our therapists showing a selection of some of the treatments we offer here at the clinic. We also wanted to update you with some of the recent developments as we introduce two new practitioners in the form of Jo Rodhouse who specialises in Neurodevelopmental Therapy and Joe Cherry who is a qualified Hypnotherapist. In addition, we are pleased to announce that Poppy Bowler, who offers Acupuncture and Sports Massage will be expanding her practice at the clinic this year.

As is often the case, with new beginnings come goodbyes and recently we had to bid farewell to one of our longest standing practitioners, Ross Barr (Acupuncture), who after 10 years at the clinic is moving onto pastures new. We wish him all the success in his future works.

For more information about the practitioners and the therapies on offer here at Thame Therapy Clinic please visit our website and Social Media pages.



PROJECT SHOEBOX

We are happy to report that our Christmas collection of shoeboxes filled with food, toiletries and gifts for women and children in Oxfordshire Refuges was a resounding success.

The project reported collecting 240 boxes compared to 52 the previous year. By our reckoning nearly 100 of those boxes came from friends of the clinic. So a great effort all round!

A Facelift from Heaven? By Acupuncturist, Andy Roscoe

One of the most luxurious things you can do to feel good and lift your spirits is to have a facial acupressure/tuina massage with Andy Roscoe.

A variety of Chinese and Japanese massage techniques are used to stimulate the acupuncture points and meridians on the face and head, culminating in a nourishing massage with argan oil. This invigorates not only the face but the whole body to make you feel relaxed and glowing on the inside and outside.

If you wish to heighten this effect you can opt in addition to have electro-acupuncture with facial needles to smooth away wrinkles, and if you wish to further indulge you may combine all this with Zero Balancing for deep whole body relaxation. You only need to surrender!



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Allergy Testing By Homeopathist, Selina Hatherley

If you suffer with digestive problems and headaches and suspect food intolerance issues, Selina Hatherley may be the person you need to see.

Selina uses a Vega machine to diagnose insensitivities to foods as well as pollens and chemicals. She will normally discuss food, diet and lifestyle issues and prescribes homeopathic remedies.

The therapy is proven and safe for all ages, but Vega testing is not recommended if you are pregnant or have a pacemaker.



Lose weight, don't lose heart By Counsellor, Anna Storey

Have you tried and failed to lose weight? Been on too many diets that don't work?

Maybe it would help to discuss with a trained counsellor how you want to lose weight rather than what you are going to eat?

Anna Storey, Counsellor, would be happy to help you work out a food plan that makes sense and is sustainable.

Hot Stones Massage By Masseur, Lara Roberts

An invitation to a true Winter Warmer with Lara Roberts!

Using heated stones within massage was present in China as far back as 2000 years ago and was used as a way of improving the function of the internal organs.

As well as being a gorgeous treat for when the weather is being cold and miserable the use of hot stones has other benefits, too. Heat helps to increase the body's relaxation response and pre-heats the muscles, which allows the therapist to massage more deeply without causing discomfort. The heat also aids cellular repair, increases joint movement and supports normal immune response.

