



The New Year is a great time to review and renew your health and wellness care. Healthworks Holistic Health Centre offers a "one stop" shop for you to do just that! Offering a full range of holistic therapies, our trained and qualified Practitioners are able to provide the best complementary care that best suits your needs and lifestyle.

Committed to excellence and patient / client care, Healthworks continues to be at the heart of holistic wellbeing and prides itself with a strong portfolio of professional and caring Practitioners who follow core ethical practices ensuring that restoration and balance of mind, body and soul are at the forefront of the Centre's values.

We are pleased to welcome to The Healthworks Practitioners' Group two new faces who further enhance the Centre's reputation for professional excellence ~



Lisa Esslemont brings a wealth of coaching experience from the different perspectives of lifestyle, wellness and business. Realising that everyone has potential, she is passionate about supporting individuals and businesses to realise theirs, release it and inspire change.



Therese Poon has studied Chinese Medicine since the age of 17. Offering Acupuncture along with simple lifestyle advice and other Chinese Medicine

techniques, she is dedicated to helping others discover their inner capacity to attain a state of health and wellbeing.

"We are pleased to welcome Lisa and Therese and are certain their work experience will greatly benefit Healthworks and the local community alike," said Centre Manager Wilf Schenk.

OUR THERAPIES AND PRACTITIONERS

ACUPUNCTURE		
Western Medical	Nigel and Elizabeth Robinson	01309 671413
Traditional Chinese	Kya Fernwood Therese Poon	07717 131838 07785 284536
ALEXANDER TECHNIQUE	Alan Massey	01309 691545
AROMATHERAPY MASSAGE	Alison Leishman	01309 672864
BODYTALK	Katharina Kroeber	07905 499673
COUNSELLING	Lynden Easterbrook	01309 674285
COUPLE & INDIVIDUAL COUNSELLING	Michael Hawkins	01309 671552
HEARTMATH® SYSTEM	Claralynn Nunamaker	07921 211434
HERBALISM	Fiona McIntyre	01309 358279
HOMEOPATHY	Pia Wallace	07934 289102
HYPNOTHERAPY, EFT & NLP	Pat Wilson	01309 672338
HYPNOTHERAPY & NLP	Kathryn Oldfield	01309 358731
LIFESTYLE COACHING	Lisa Esslemont	07774 608811
REMEDIAL MASSAGE & LYMPHATIC DRAINAGE	Janey Tinsley	07900 817034
REMEDIAL & PREGNANCY MASSAGE	Louise McRitchie	01343 842837
NATUROPATHY	Deborah Sutherland	01309 671413
OSTEOPATHY & CRANIAL OSTEOPATHY	Nigel and Elizabeth Robinson Deborah Sutherland	01309 671413
REFLEXOLOGY & ACUPRESSURE	Grace Pirnie	01309 671504
REIKI & SPIRITUAL HEALING	Jutta Geissler	01309 671552
SHAMANIC HEALING & TRAUMA THERAPY (EMDR)	Marja Helkala	01309 671532

Further information about our Practitioner's therapies and services, including further reading about the Centre, can be found on our website

www.healthworks.uk.net