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## NEWSLETTER

NO17

Jan/ Feb

### *Therapies offered*

Aromatherapy	<b><u>Lavender&amp;Wheat/ Wheat bags</u></b>
Hypnotherapy	With winter now
NLP	almost upon us
Life Coaching	perhaps now is the
Classical Massage	time to consider
Thai massage	just what we can do
Indonesian massage	to ease the aches
Colonic	and pains that seem
Hydrotherapy	to come with this
Sports Injuries	time of year.
Counselling	One of the simplest
Homeopathy	means of easing
Acupuncture	these is to use
Beauty	either a Wheat or
Physiotherapy	Wheat and
Reflexology	Lavender Bag.
Indian Head massage	These can either
Well Essence Therapy	simply be heated in
Reiki	the microwave for
Hypnomassage	1.5 mins and then
Hot Stone Massage	applied to the
Yoga	affected area or
Qi Gong	wrapped in a plastic
Herbal Medicine	bag and left in the
Pilates	freezer for 2 hours
	+ and then placed
	in an old pillow
	case and applied to
	the area.
	Wheat bags are
	available to
	purchase from the
	centre for the
	special offer of
	£7.50

### **For therapy or lifecoaching, NLP works fast**

Last year, the TV critic Jaci Stephen wrote an article in the Daily Mail under the headline "I've Spent 20 Years In Therapy But Was Any Of It Worthwhile?"

She'd been in various treatments for depression and lack of self-confidence and, sadly, had no good experiences with any of her therapists. And then, seven years ago, she came across NLP (neuro-linguistic programming). After just ten sessions she had changed, was happy and able to cope positively with the world.

"NLP," she said, "provides a framework for living without each day being a minefield of emotional trials. And for someone who, seven years ago, didn't want to be alive, that is some achievement."

How could ten hours of NLP succeed where 20 years of counselling and psychotherapy hadn't?

NLP (particularly when used in conjunction with its cousin hypnotherapy) is designed to work quickly. And if it's not working for you, that becomes manifest quickly too – no need to spend years finding it out.

It's sometimes described as the instruction manual for the brain. It addresses how we think and lets us use simple psychological techniques to alter the ways we think, change our states of minds and change our behaviour.

NLP can be used as a therapy to treat quickly problems such as phobias, limiting beliefs, smoking and eating issues.

For self-development, business development and sporting improvement, NLP coaching can help us discover who we are, what we want and how to get where we want to be.

Andy Oldfield is a qualified Hypnotherapist, NLP Practitioner and Coach working at Blue Lotus.

*For more info leave your details at reception, phone/txt Andy on 07595 259 307, email [info@therapy-cornwall.co.uk](mailto:info@therapy-cornwall.co.uk) or go to [www.therapy-cornwall.co.uk/healing.htm](http://www.therapy-cornwall.co.uk/healing.htm)*

## **TIM SALISBURY DBTh, MIRCH,**

### **MCMA, VCTC dip.**

Tim trained in Herbal Medicine with the International Register of Consultant Herbalists and Homeopaths. He is also a Reiki Master and qualified Thermal Auricular Therapy practitioner (Hopi Ear Candles). Most consultations and other therapy sessions take approximately 1hr, apart from the initial Herbal Medicine consultation, which will take at least 1.5hrs.

### **HERBAL MEDICINE**

Herbal Medicine has been practised around the world for over 2000 years. Even today, in many parts of the world where people have access to modern pharmaceutical drugs, many people prefer to take herbal preparations and supplements. In fact, many of the Modern pharmaceutical drugs that are used daily by many people worldwide, have been derived from plants and Herbs. A good example of this is Digoxin that is used in the treatment of certain forms of Heart failure, and is a synthesised form of Digitalis, a component of the Foxglove plant.

#### **What can Herbal Medicine treat?**

Herbal Medicine can be used to treat both Acute (short-term) and Chronic (long-term) conditions whether they have a physical, mental, or emotional base. Clients frequently consult a Herbalist for help with pain, digestive, circulatory, skin conditions, PMS and menopausal problems, depression, insomnia, anxiety and many other conditions. Each client is treated on an individual basis and every prescription is personally tailored to meet his or her specific requirements. Some easily sourced herbs and their uses are:  
- Echinacea – a proven immune system booster; Sage- useful in treating sore throats and mouth ulcers, night sweats (cold tea) and hot flushes; Garlic- reduces cholesterol and is useful when treating cold and flu symptoms. Finally it has to be stressed that it is important to consult with a qualified Herbalist in all but the simplest of cases especially if you are taking other medication or are pregnant etc.

Tim can be contacted either at the Blue Lotus at Scorrier (01209 822400) or on his mobile (07719669444).

## **VACANCIES**

### **AT THE BLUE LOTUS FOR NEW**

### **THERAPISTS**

**We have vacancies for enthusiastic therapists to join our team of skilled and well qualified therapists.**

**We are situated in the wooded tranquil spot of Scorrier House Estate where there is plenty of parking. We are looking for therapists who want half a day or a full day rental space. Our rooms are spacious, with massage couch, table and chairs, hot and cold running water. Beamed ceilings create that warm and comfortable ambience. We have 3 rooms upstairs and a large workshop room downstairs, adjacent to the reception area which is manned 3 days a week.**

**If I can be of further help, please contact me, Georgina on the centre number: 01209 822400 or my mobile: 07811 339366.**

### **WORKSHOP SPACE FOR HIRE**

**A large carpeted room available for rental, weekends, half days or hourly. Ring for more details.**