



NEWSLETTER

Issue No. 1 June 2018

Hello, and welcome to my first ever newsletter. For those of you who like my Facebook page some of the following you may already be aware of but I thought I would capture all my latest information and let everybody know about it.

Reiki

As some of you have already experienced, I now offer Reiki treatments. Not everybody knows what Reiki is so I will try and explain but really the best way to find out the benefits is to experience it for yourself. I am happy to add on a 10 minute taster at the end of your treatment if you would like to try it.



Reiki (pronounced Ray-Key) means 'universal life force'. Reiki is a form of healing energy that promotes deep relaxation, stress relief and a wonderful sense of peace. It works on the whole person including mind, body, emotions and spirit. Reiki enhances the body's natural ability to rebalance itself and is very comforting to receive. Reiki can also encourage a calmer response to the challenges we face in life. Reiki is safe for people of all ages, from babies to the elderly, and also during pregnancy.

During the treatment you remain fully clothed, whilst either lying or sitting and I put my hands either on or slightly above the body and you may be aware of heat, colours or a feeling of calmness. You may not experience any of these, as each of us is unique and each healing is different; depending on what you require at that time. A typical Reiki session will last about an hour.



Holistic Treatments

As you may be aware I work holistically which means that I tailor your treatment (or combination of treatments) to that which suits you best on that particular day. Particularly popular at the moment is a 1 hour appointment with 30 minutes of massage followed by 30 minutes of reflexology but you can have any duration and any mix of treatments from Reflexology, Reiki, Swedish Massage, Hot Stone Massage and Indian Head Massage. Further details can be found on my website

www.janecampbellcomplementarytherapies.co.uk

'because we are all unique'

Training Courses

On 25/26 June I am attending Jane Sheehan's Foot Reading course, which I am incredibly excited about. Jane is the leading Foot Reader in the UK and I was delighted when she agreed to deliver her course in Inverness.

So you're probably wondering what exactly is foot reading? It is looking at the shape, markings and colours of the feet to let you know what they say about your personality and emotions. For example if you have a long second toe this indicates leadership qualities and you need to be in charge.



I attach a [link](#) to an article but if you Google Jane Sheehan Foot Reader you will find many more as she has been on television programmes such as Loose Women and This Morning

and has written numerous articles for newspapers and magazines.

In September I am heading to Edinburgh for a Reflexology Lymph Drainage (RLD) course led by the wonderful Sally Kay, which I hope will benefit all my clients, not just those with cancer related lymphoedema. It is reported to help arthritis, eczema, migraines and muscular tension to name a few. There is currently nobody else in the Highlands offering this treatment so it will be wonderful to bring this to the area. I will update you once I have attended the course but if in the meantime you want to find out more about RLD here is the link to the website.

<http://www.reflexologylymphdrainage.co.uk/>

Appointment Days

I now offer appointments on Mondays and Thursdays from 9am to 8.30pm and on Fridays from 9am to 1pm (and the occasional Friday afternoon). Evening appointments are particularly sought after so I would advise booking these as far in advance as possible.

As always if you want to discuss anything prior to making an appointment please do get in touch.

Holidays

Due to training courses and holidays I am unavailable on the following dates:

25 - 29 June

27 August - 7 September

11 - 14 September

I hope you have a wonderful summer and I look forward to seeing you soon.

Love and sunshine

Jane x



If you would like to get in touch I would be delighted to hear from you.

Tel: 07881 613104

E-mail: janetherapies@gmail.com

Facebook: Jane Campbell Complementary Therapies
www.janecampbellcomplementarytherapies.co.uk