

JANE CAMPBELL COMPLEMENTARY THERAPIES

SUMMER FUN

I hope you've been enjoying the sunshine and heat this summer and have managed to find some time to relax and unwind.

I have been busy over the last month and thought I'd update you on what I've been up to.

Well, it was an equal split of clients opting for Massage and Reflexology - with only one of you choosing a Hot Stone Massage in this heat!

I was lucky enough to be a 'guinea pig' for therapist friends who are training in additional therapies and the first of these was an Introspective Hypnosis session from Iain at [IGB Quantum Hypnosis](#). It was fascinating and really helped to explain the shoulder pain I've suffered with over the years. Then I received a Lomi Lomi massage from [Charlotte Esme](#). As Charlotte is also a yoga teacher this type of gentle and flowing two hour massage is extremely relaxing. So a very big thank you to both of them and I wish them every success with their new therapies.

At the end of this month I'll be attending a Reflexology Course on '[Pain in Cancer Survivors](#)'. I'll let you know how I get on and how you can benefit from this new technique.

And for fun this month I went to a Stand Up Paddleboard (SUP) Yoga class. It was great fun; and no I didn't fall in. I've done plenty of yoga but have never SUP'd before but Tania at [Tall Tree Yoga](#) is a great instructor and we

managed all sorts of yoga poses but as you can see I was exceptionally good at corpse pose!



Remember you can book appointments [online](#) and I have opened up some more appointments to accommodate you all; but if these times don't suit please get in touch and I'll see what I can do.

With love and relaxation

Jane x

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