

JANE CAMPBELL COMPLEMENTARY THERAPIES

THE GIFT OF RELAXATION

RELAX AND PUT YOUR FEET UP

If you're going to be on holiday over the festive period why not escape for a wee while and treat yourself to a lovely relaxing Massage or Reflexology session?

Imagine that whole hour to yourself - *no kids fighting, no in-laws expecting to be waited on hand and foot* - just time for you to lie back, relax, unwind and feel the stress melt away

Reflexology also does wonders for the digestive system (not too say that you'll be over indulging but ...)



GIFT VOUCHERS

**Gift Vouchers
now available
for Christmas**



What better gift to give than rest, relaxation and a boost to health after a busy festive period?

Do your Christmas shopping from the comfort of your own home by buying your Gift Vouchers online [here](#).

They come gift wrapped and postage is free.

All vouchers will be dated six months from Christmas Day so you can buy yours [now](#).

Or better still why not ask your family and friends to buy *YOU* a Gift Voucher for a Christmas present?

CHRISTMAS OPENING HOURS

I know it's a few weeks away yet but people have already started booking appointments for the Christmas Holiday period. I will be working up to Christmas Eve and then open again on Monday 30th and Tuesday 31st December. I'll be back to normal hours on Friday 3 January.

All available appointments are on my booking system [here](#).

With love and snowflakes

Jane x



You can view all my previous Newsletters [here](#)



Our mailing address is:

19 Kinnairdie Avenue, Dingwall IV15 9LL

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