

**HOPI EAR CANDLES:  
Full treatment £25**

Brings a wonderful feeling of relaxation, and deep sense of security. Suitable for Children – accompanied by parent / guardian.

**Partial i.e.: Hopi Candles only £15  
or Lymphatic Face Drainage £15.**

Reported success: in treating balance; build up of earwax; ringing in ear and also Tinnitus.

Helps: clear sinuses and freer nasal breathing, improves smell, taste and hearing.

Aids in the reduction of Snoring.

Relief of congestion headaches.

**“the whole Hopi Candle therapy was so totally relaxing - I fell asleep” DP.**

**METAMORPHIC TECHNIQUE:  
£25**

Of all the practices in complementary medicine, this is perhaps the most mystical and unexplained.

The light touch of the Metamorphic Technique on hands, feet, back of head and the back is very soothing and relaxing.

The practitioner does not ‘cure’ or ‘heal’ anything: but just provides a catalyst for potential change in body, mind and emotions.

**Choice of Treatments:**

Price range: £10=¼hr  
£25=1hr most sessions

**QUALIFIED IN:**

**Waxing  
Sport + Swedish Body Massage  
Reiki Master  
Qualified Teacher  
Nutrition & Health  
Metamorphic Technique  
Management of Activity Injuries  
Indian Head Massage  
Hopi Ear Candles  
First Aid  
Exercise Studies  
EFT – Emotional Freedom Technique  
Chair Based Exercise**



**Gift Vouchers  
available.**

Also sell ‘Angel Fingers’ £12 each  
(Good for Relaxing and Re-energising)

**PLEASE NOTE:** It is the client’s responsibility to tell the therapist of any conditions, which may require caution or written authority before receiving therapy.

**HEALTH  
YOURSELF**

*“ little changes often  
bring great rewards ”*



**Lynda Robertson**

M.I.C.H.T. – I.I.H.H.T. – I.I.S.T. – V.T.C.T.

Member: Federation Holistic Therapists

**Complementary Therapist**

(Qualified since 1996)

**48 James Street**

**Little Lever.**

**Bolton\***

**Lancashire**

**BL3 1NF**

Free parking

**Tel: 01204 793958**

Bgood2u2day@live.co.uk

Open 7 days a week – 2 days’ notice preferred

**NB: I work from a consultant room upstairs in my home to help keep cost down for all her clients.**

**SWEDISH FULL BODY  
MASSAGE: £25**

**Partial i.e.: Face £15 / Hands £10**

Massage is a powerful healing tool, helps relax the body to 'heal-itself' and so increasing A sense of well-being.

Reduces muscle tension.

Improves blood circulation.

Aids better lymph movement.

Increases mobility and range of motion of joints.

Stimulates or soothes nervous system.

Enhances smooth skin.

Improves digestion and intestinal function.

Relief of acute and chronic pain.

**"helped reduce tension in my body, leaving me totally relaxed" BR.**

**SPORTS MASSAGE:  
Partial i.e.: Shoulders £20**

Manipulating the soft tissues of the body, then with deep easing massage isolating individual tense muscle groups.

**REIKI MASTER:  
£25**

Reiki is a way of transferring energy by hands-on-healing. Reiki can bring great relief; not just in the physical body, but also on an emotional, mental and spiritual level.

**A full body treatment is recommended.**

Reiki energy helps balance and harmonizes.

Reiki makes its way to the areas of imbalance during a treatment.

Reiki is given from the heart and is often experienced as the receiving of unconditional love.

This love has the power to bring us back to a state of peace and harmony.

In a balanced state, the individual has the potential for self-healing.

Reiki can bring great relief and feeling of contentment.

Helps promote total relaxation.

**ABSENT HEALING:  
£10**

Treat yourself and / or others by requesting healing energy to be sent to any person, any place or even a situation.

**INDIAN HEAD MASSAGE:  
£20**

Beneficial for physical and emotional health, as touch can make us feel nurtured, cared for and relaxed i.e. relaxed face muscles makes you look healthier, happier and younger.

Regular treatments help promote a better sleep pattern.

Helps with tension headaches, as muscular tension is relieved in head, neck and shoulders. Plus helps relieve eyestrain.

Just by relaxing tensed upper body muscles helps your whole body feel more relaxed, calm and at ease.

Increases blood circulation to head, neck and shoulders, as it brings oxygen / nutrients thus helping to improve condition of skin and hair.

Known to stimulate hair growth.

**Choice: with or without the use of oil.**

**BACK/SHOULDERS/NECK:  
£20**

Helps relieve any tension in the neck and shoulder area; as well as aiding sleep, it also helps any associated tension headaches.