Welcome to Body & Soul Complementary Therapies!
My vision is to help people improve their physical, mental & emotional wellbeing by offering a variety of Western and Eastern therapies tailored to suit each person's individual situation and interests. I have included a brief outline of services, and you will find more information on my website. I am also in the process of expanding my business and I am hoping to find just the right space, so stay tuned for more exciting developments!

Services

Shiatsu Therapeutic Massage (coming soon)
Shiatsu is a therapeutic form of body work based on the combined knowledge and practices from Japanese Massage, Traditional Chinese Medicine, and Western Anatomy & Physiology. It is a holistic approach that aims to improve your health on all levels. Shiatsu massage is performed fully clothed on a futon using thumb, elbow, foot and knee pressure to disperse areas of tension & stress, and bring energy to areas of weakness. Shiatsu also incorporates stretching, range of movement exercises, and lifestyle practices to help you to feel your best. Shiatsu can be used to increase your energy, improve your sleep, help you to relax, or assist with specific conditions and symptoms including digestive difficulties, PMS etc.

Oriental Therapies: Traditional Chinese Medicine
TCM theory & practices are often incorporated into Holistic Kinesiology sessions. TCM is also an holistic approach to your health which involves an assessment of patterns relating to behaviours, posture, tongue, pulse, etc. Individualised treatment is then formulated and may involve acupressure (like acupuncture but without needles), meridian palpation, & counselling relating to lifestyle practices & patterns with the aim of improving physical and emotional wellbeing.

Wellness Coaching
Do you feel like you are stuck in a rut, sluggish, fatigued, unwell or unmotivated? Or have you tried lots of diets but they just don’t seem right for you? The definition of insanity is doing the same thing over and over again but expecting different results! Often we just keep trying harder at doing the same old things that just aren’t working. Wellness coaching supports you to identify small steps and simple ways to help your actions match your intentions in order to improve your health & wellbeing. Like the water in a pond, it only takes one small drop to cause a ripple effect of change.

Holistic Kinesiology or "Body Mind" Therapy
We know the body and mind affect each other - for example when you are stressed you often experience physical symptoms, and when you are injured or sick it also tends to affect your mood, and possibly your relationships. Over time these patterns can become chronic and hard to shift, that's where working holistically with the body & the mind can be far more effective in improving your overall wellbeing than working with either on their own. A diverse range of therapies can be utilised including Western approaches such as counselling, brain function activities, de-stress techniques etc through to Eastern practices such as working with Chinese meridians & acupoints, chakra systems, and other energetic healing practices.

De-stress Experience
Are you stuck in your head ... ... constantly worrying... ... finding it hard to calm down? Then the de-stress experience is for you! You now have a space to clear your mind of worries, while particular attention is focused on areas of your body that tend to hold stress. We can draw upon a variety of therapies, including flower essences, oils, crystals, acupressure and meridian palpation to help calm the mind and body. This package is less clinical than Holistic Kinesiology or Counselling but still provides time dedicated for you to debrief, de-stress and experience deep relaxation.

Counselling
provides a place for you to talk about and process anything that may be troubling you in your present or past experience. Counselling aims to help you clarify your priorities and provide assistance for you to develop your own solutions to manage difficulties, life transitions, relationship problems, trauma and grief, anxiety and so on.

Relaxation
We can specifically tailor a deep relaxation session drawing upon a range of techniques to help you develop your ability to manage stress, improve your wellbeing & clarity of mind.

I am excited to offer a range of therapies which provide opportunities to take control of your own health, and to live a satisfying life. I welcome any inquiries about how these services might be useful for your personal situation. Contact me via my website, text or email and I will get back to you to discuss your individual needs.