

GREAT  
CHRISTMAS  
GIFT IDEAS

WHITWORTH APOTHECARY

Autumn Discounts

Sports Massage & Bowen Technique

Buy 3 get 4th session for 1/3 of cost

Talking therapies HALF PRICE!

07526157011

GIFT CARDS from £5

OUR RANGE OF THERAPIES, BESPOKE  
JEWELLERY, CRYSTALS AND CURIOSITIES  
MAKE WONDERFUL GIFTS FOR FRIENDS AND  
FAMILY.

*So treat someone special to a holistic gift card  
from Whitworth Apothecary.*



WHITWORTH APOTHECARY

Therapies : Gifts : Remedies



07526157011

[www.whitworthapothecary.uk](http://www.whitworthapothecary.uk)

Physical Therapies

Bowen Technique—from £35

Can help ease the following :

- Adhd
- Autism
- Back pain
- Sciatica
- Scoliosis
- Digestive & bowel problems
- Earache, neuralgia and TMJ problems
- Migraines and other headaches
- Fibromyalgia & chronic fatigue syndrome
- Hypermobility syndrome
- Endometriosis
- Hip, knee, ankle & foot problems
- Menstrual & hormonal Irregularities
- Neck and shoulder problems including frozen shoulder
- Groin pain, pelvic tilt & uneven leg length
- Respiratory problems and hay fever
- Asthma
- RSI, carpal tunnel syndrome, golf and tennis elbow
- Insomnia & sleeping problems
- Sports & other traumatic injuries

ABOUT BOWEN

Bowen technique is a gentle, non invasive therapy which treats the body as a whole and restores balance through specific signals sent to the autonomic nervous system, via the fascia muscle. It has been described as 'acupuncture without the needles' but I think of it as like a 'factory reset button' on a phone, helping you to reset your body, to be the best that it can.

It was developed in Australia in the 1950's by Tom Bowen and is so effective it has rapidly become recognised world wide. Bowen is suitable for everyone from new born babies to the elderly and frail, it is very relaxing and can be beneficial in a wide range of situations and can assist in the recovery from many conditions, depending on the individuals capacity to heal.

BOWEN FOR PAIN

Willing to try a new approach to **pain management**? Bowen is great for easing aches and reducing pain and tension, it often helps where other therapies have not. Often helping to reduce the need for medicated pain relief.

BOWEN FOR RELAXATION

**Stressed? Trouble sleeping? Low energy?**  
You don't need to be in pain to feel the benefit. By increasing efficiency on a cellular level, Bowen can give the body an over all boost to the system, reducing stress and anxiety and promoting sleep.

BOWEN FOR SPORT

Wanting to reach peak condition for a competition or recovering from an injury? Bowen can **speed up healing, improve performance & reduce risk of injury** and is currently used by many premier football and rugby teams for this reason. Recent trials show that regular Bowen therapy can also reduce your golf handicap by 1 -2 shots.

Talking Therapies

OldPain2Go—from £95

Can help reduce the symptoms of:

- ♦ Menopause
- ♦ Fibromyalgia
- ♦ Arthritis
- ♦ Addictions
- ♦ Anxiety
- ♦ Allergies
- ♦ ME

OldPain2Go

Long term pain conditions can have emotional links and may be an outdated and unnecessary warning system that our unconscious has used to protect us. Sometimes these survival programmes originate from under the age of six and are no longer relevant. OldPain2Go simply helps you to update your bodies alarm system, turning down or removing the pain signals altogether.  
To be eligible for this treatment you must have a full medical diagnosis and have concluded all mainstream investigations into your condition.  
This is a one session treatment and may be combined with IEMT for maximum results. Requires your commitment towards recovery and an open mind.



Pain reduction or removal

If you are:

- ⇒ Medically diagnosed
- ⇒ Suffering from long term pain
- ⇒ Willing to try a new approach



Let's see if we can help  
Whitworth Apothecary  
07526157011



**IEMT can help put you back together again**

- Past Traumas?
- Negative & Unwanted Emotions? + IEMT = Improved Mental & Emotional Clarity
- Undesired Identity Traits?

**Fears & Anxiety**  
**Flying, heights, social, spiders, any phobias**  
**Trauma/PTSD**

CONFIDENTIAL SERVICE WITH LONGLASTING RESULTS

Whitworth Apothecary 07526157011 www.whitworthapothecary.uk

## IEMT

### (Integral Eye Movement Therapy)

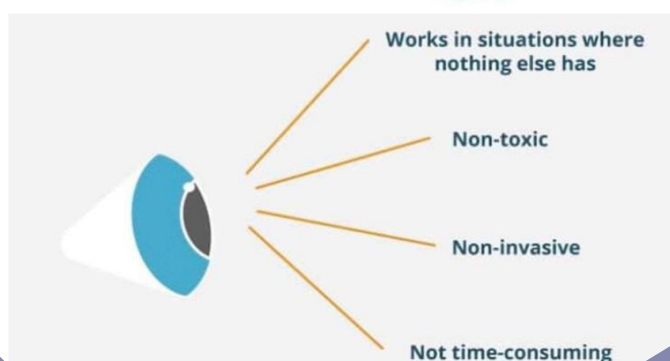
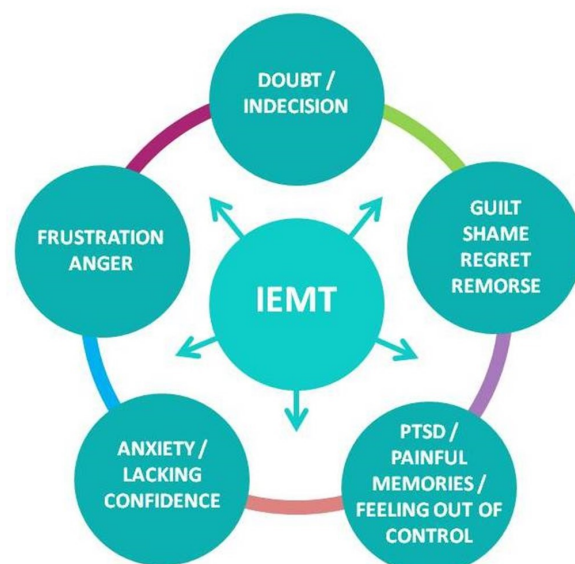
Developed from Steve and Connirea Andreas' eye movement integration model, which discovered that a number of neurological phenomena occurs during therapeutic eye movements. IEMT uses precise sequences of eye movements to implement changes within the neurological imprints of our emotions and *some* identities (even flashbacks) reducing their intensity. During the session we determine the source of the issue and 'how you learnt to feel this way about that thing?' Then by focusing on this emotion or identity (I feel or I am) whilst following the specified eye movement patterns dictated by the practitioners fingers, we can reduce their impact and make them less disturbing. Sessions are normally 1-2 hours duration and in some cases only one session is required.

## Talking Therapies

IEMT —from £40

IEMT can help reduce the intensity of:

- ♦ Anxiety
- ♦ Phobias
- ♦ Trauma
- ♦ PTSD
- ♦ Negative feelings



## IEMT (Integral Eye Movement Therapy)

### TESTIMONIALS

"I booked into see Harriet for an Integrated Eye Movement Therapy treatment to see if I could get to the root of a feeling of fear I was experiencing. Having never received that type of therapy before I can now 100% recommend it. Harriet discovers aspects that you may not realise relate together but make perfect sense once talked through. She allows you to talk without feeling judged, rushed or patronizing. Harriet showed me techniques to use when I needed which are great. Left feeling much more relaxed, confident and knew I had the ability to deal with anything that may arise in future."

"Highly recommend the treatment."

"I went to Harriet after a long term relationship left me anxious and a shell of myself. After 1 session with her I felt like a new woman and what made me anxious before had just been lifted away. Harriet makes you feel at ease and comfortable as soon as you walk through the door, she is fantastic and if your thinking she could help you she definitely can!"

"After struggling with a difficult bereavement for many years, I had started to lose hope. Harriet's positive attitude, respectful professionalism and her deep level of understanding was there when I needed it most. After just a few sessions the progress we made was remarkable. My quality of life improved drastically and I have continued to use the skills and knowledge gained during my sessions with Harriet in my everyday life."

"Harriet is an incredible individual with healing 'bag of tricks'. Whether it is physical or mental issues that you suffer with, if you find Harriet you will find help."

"My sincerest thank you will never be enough for all the support and help I received."

Hopi Ear Candling can help with the following:

- Alleviating headaches and migraines
- Improving symptoms of tinnitus
- Reducing symptoms of hayfever and rhinitis
- Relieving sinus congestion
- Easing and preventing glue ear in children
- Relieving pain/pressure when flying or diving
- Relieving congestion from colds, flu, sore throats
- Improving hearing by softening and loosening ear wax
- Alleviating earache by reducing inflammation of the ear canal
- Helping with snoring by easing congestion of the upper respiratory airways
- Reducing the symptoms of Meniere's disease and vertigo



Physical Therapy - HOPI EAR CANDLE, MINI FACIAL & LYMPHATIC MASSAGE—FROM £20

**Hopi Ear Candling is a gentle relaxing, non-invasive soothing treatment which can offer relief to any problems in the ear, nose and throat areas. It also calms the mind to combat stress and deeply relaxes all of your senses.**

Including the mini facial and lymphatic massage in the process, helps to stimulate sinus pressure points, ready for smoke from the ear candle can soften the wax, followed by the lymphatic drain to encourage the body to expel any waste products. Not only is the treatment beneficial for the upper respiratory tract but also for the circulatory and lymphatic system, making it a whole body treatment.



Physical Therapies

Sports Massage from £35

Deep tissue massage may help alleviate the following:

- Back problems
- Fatigue
- Fluid retention
- Frozen shoulder
- Knee & hip restrictions or misalignments
- Pelvic tilt, leg length & hip imbalance
- Repetitive strain injury
- Skeletal & muscular problems
- Sports injuries
- Tendonitis
- Stress
- Sprains
- Strains
- Muscle dysfunction

SPORTS MASSAGE THERAPY

Sports massage isn't just for the elite, athletes or injured professionals Its for everyone.

We offer:

- Pre- event - *mental & physical preparation*
- Post event - *relaxes, aids lactic acid removal*
- Maintenance Massage— *assisting injury prevention & recovery*

ABOUT SPORTS MASSAGE

Sports massage involves deep tissue work and can aid stress relief, Improve lymphatic drainage, ease aches and pains, correct muscle dysfunction and much more.

Please be aware this is a hands on therapy requiring the removal of some clothing and can cause redness, bruising and possible discomfort.

Sessions include full consultation, medical history review and physical assessment. Please bring any relevant documentation with you ie: current medication details.

Group and event bookings also undertaken

30 MINUTE— 45 MINUTE—60 MINUTE SESSIONS AVAILABLE

- ◆ *Effleurage*
- ◆ *Petrissage*
- ◆ *Tapotement*
- ◆ *Vibrations*
- ◆ *Compressions*
- ◆ *Frictions.*

