



OMEGA
THERAPIES

Holistic, Footcare & Training Centre

OMEGA THERAPIES NEWSLETTER

APRIL 2023



All our latest news and offers
[omegatherapies.co.uk](https://www.omegatherapies.co.uk)

01527 585023



UPCOMING EVENTS

Wiccan Workshop

Wednesday 12th & 26th April

6:30pm – 8pm

A whole workshop dedicated to the practice of wicca and witchcraft.

£7.50 per person, if you bring your own ingredients.

£10 per person, if you would like to use the ingredients which we provide for you.

For more information give us a call.

Reflexology Taster Day

Saturday 15th April, 11pm – 5pm

Herbal Teas, Magical Brews and Healing

Potions Workshop

Saturday 15th April, 5pm – 7pm

Welcome to the Omega Therapies April Newsletter. We hope you are taking care of your health and well-being.

NEW THERAPY – NADA EAR DETOX ACUPUNCTURE

This process involves the gentle insertion of up to five fine needles into specific energetic points in the outer ear. The five ear points are:

- 1) Sympathetic – Calms the nervous system and helps with overall relaxation.
- 2) Shen Men (“Spirit Gate”) – Reduces anxiety and nervousness.
- 3) Kidney Point – For calming fears and healing internal organs.
- 4) Liver Point – For detoxification, blood purification, and to quell aggression.
- 5) Lung Point – Promotes aeration and helps clients let go of grief.

The outer ear acts like a switchboard that sends impulses to the brain, which stimulates the release of endorphins, lowers stress, and induces relaxation.

We offer NADA Ear Acupuncture here at Omega Therapies. It is £37 for a 45-minute treatment. If you would like to book, please call us.



HERBAL TEAS WORKSHOP

On Saturday 15th April, we are also doing an Herbal Teas, Magical Brews and Healing Potions Workshop from 5pm to 7pm.

This Workshop will focus on:

- Herbal Teas and their benefits
- Mixing and Combining Herbs
- Making Your Own Teas
- Potions and Brews

The cost for this workshop is £15 each.

REFLEXOLOGY TASTER DAY

On Saturday 15th April, we are doing a Reflexology Taster Day from 11am to 5pm.

On this day, we will be offering 15-minute Reflexology Treatments for £5!

Call us to book your appointment ahead of time to avoid disappointment.



REFLEXOLOGY

Reflexology is a system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands and head linked to every part of the body.

Benefits of reflexology include:

- Stimulate nerve function
 - Increase energy
 - Boost circulation
- Induce a deep state of relaxation
 - Eliminate toxins
- Stimulate the central nervous system
 - Prevent migraines

MAGIC SPELL CANDLES

In store, we have 12 different types of Magic Spell Candles. These candles are currently on offer for £14 each, or if you buy 2, you get the third for free.

These Magic Spell Candles are empowered by real gemstone chips, and artisanal fragrances each representing a different purpose of a magic spell.

They feature a soy wax candle with beautiful fragrances and gemstones, within a reusable jar with cork lid, within a gift box.

For more information, see <https://omegatherapies.org/magic-spell-candles>



**Magic Spell
Candles In-store**



ROOM TO RENT

Room to rent on daily basis, would suit a therapist or counsellor.

£30 a day or a deal could be made if wanting more than one day.

For more information, please call us on 01527 585023 and ask to speak to Joe.

To book any appointments or workshops, please call our number at 01527 585023 or visit our website and online shop at <https://www.omegatherapies.org>.

PRODUCT GUIDES

We have added some informational pages to our website. These include information about choosing the right crystals, essential oil, herb and magic spell candle.

These guides have been made for you to learn about what each item does and how they can benefit you. Additionally, clicking on any of the pictures in the guides takes you to our online shop.

Crystals – Chakra, Zodiac and Properties are featured in this guide.

<https://omegatherapies.org/crystals>

Essential Oils – Benefits of the essential oils are featured in this guide.

<https://omegatherapies.org/essential-oils>

Herbs – Benefits of the herbs are featured in this guide.

<https://omegatherapies.org/herbs>

INCENSE STICKS

The history of incense is known to have started in China and India, expanding around Asia, before entering Europe through the Silk Road and trade routes.

Many people use incense for several issues, and there are many reasons to use incense:

- Incense fragrances can be of such great strength that they obscure other less desirable odours.
- Incense made from materials such as citronella can repel mosquitoes and other irritating, distracting, or pestilential insects.
- Religious use of incense is prevalent in many cultures. One common motif is incense as a form of sacrificial offering to a deity.
- Incense clocks are used to time social, medical and religious practices in parts of eastern Asia. They are primarily used in Buddhism as a timer of meditation and prayer.
- Incense is claimed to cleanse and restore energy in healing stones. The technique used is called “smoke cleansing” and is done by holding a healing stone over the smoke of burning incense for 20 to 30 seconds. Some people believe that this process not only restores energy but eliminates negative energy.