



NEW YEAR NEWSLETTER

UPCOMING WORKSHOPS

Wednesday 18th January
and Wednesday 1st February
6:30pm – 8pm

Whole workshop dedicated to the practice of wicca and witchcraft with Joe at Omega Therapies.

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

£11 per person, if you would like to use the ingredients which we provide for you.

For more information give us a call.

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

DISCOUNT OFFERS

NHS Staff – 10% off Products and Treatments

Students with a Valid Student Card – **10% off** Products and Treatments

Local Authorities – Teachers, Council Staff, etc – **10% off** Products and Treatments

Armed Forces – **10% off** Products and Treatments

OAPs – **10% off** Products and Treatments, and Full Foot Care Treatment for £15

If you are unsure of whether you fall under a category, or have any other queries, call us and we will do our best to answer any questions you may have.

Whole Store Sales – On occasion, we announce a massive sale off our products, ranging from 10% to 50% off. We announce sales and discounts on our Facebook page.

PRICE INCREASES

Due to the Cost-of-Living Crisis, and the increase in the rate of inflation, we unfortunately have to increase the prices of our treatments. These increases have been limited as much as possible, however were a requirement for us to be able to continue providing all the amazing treatments that we do. We sincerely apologise for any inconvenience caused by these increases.

TAROT READINGS

As the new year has just passed, it may be time to come and see us at Omega for a Tarot Reading. A tarot reading is the reading of cards to gain an insight into the past, present or future. Tarot Readings have been commonly used in the past as an anxiety-reducing technique, anxiety can be heightened as approaching a new year.

If you are nervous about starting the new year, a tarot reading may be the best way to grab some guidance into what is approaching your life in 2023.

ACUPUNCTURE

One of our most popular therapies at the centre is acupuncture. Derived from ancient Chinese medicine, acupuncture is when fine needles are inserted into different sites on the body for therapeutic purposes. Acupuncture can be used as a treatment for chronic pain, migraines and joint pain. It is recommended that you take a course of acupuncture treatments, which is more effective than a singular treatment.

For more information on acupuncture don't hesitate to give us a call or pop into the centre 9-5 Monday to Saturday.



Tarot readings can help you answer any worries or questions you have for 2023



Acupuncture can help with muscular pains and migraines.



Reflexology has some great health benefits.

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

FOOT CARE

If you feel there is a problem in your feet, please don't leave it until the pain is unbearable. Taking good care of your feet is extremely important, and so if you are suffering from an ailment in the foot area, please call us to book an appointment.

Our Clinic offers a range of treatments across our service, such as:

Nail Cutting

Wart and Verruca Care

Burring

Ingrown Toenail Removal

Hard Skin Removal

Fungal or Athlete's Foot Treatment

Advice and Aftercare

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 www.omegatherapies.org.

We are happy to announce that you can now book Tarot Readings online!

We Wish Everyone a Happy New Year and Prosperous 2023!



CONTACT US

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