

Be Healthy this Winter with **Penarth Natural Health Services**

You are invited on Saturday 18th November between
10am and 2pm to find out how natural therapies
can boost your health.

FREE introductory sessions in:

Reflexology

Reiki

Crystal Chakra Balance

Indian Head Massage

Chiropractic Spine Checks

12.00 – “Introduction to Mindfulness” 1 hr. session.

Come and chat to our therapists to find out more about food
intolerances, losing weight, homoeopathy, and persistent health
problems which refuse to go away.

Available at our Clinic:

*Acupuncture, Allergy Therapy, Chiropractic, Mc Timoney Chiropractic,
Counselling, Crystal Therapy, Gestalt Psychotherapy, Homoeopathy,
Hypnotherapy, Massage, Nutrition for Health, Reflexology, Reiki, Smoking
Cessation.*

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