

Boost Your Health Day **Be Well Using Natural Therapies**

You are invited on Saturday 2nd February between 10am and 3pm to find out how natural therapies can boost your health.

Introductory sessions in:

- *Reflexology, Indian Head Massage, Reiki, Crystal Therapy**
- * Chiropractic Spine Checks & Posture Analysis**
- *Unable to lose weight? Individually tailored help available**

12.00 - “Self-Hypnosis For Health”- 1hr free talk by our clinical hypnotherapist

Persistent health problems that refuse to go away?
Find out how natural therapies can help.

Available at our Clinic:

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

Penarth Natural Health Services

11 Bradenham Place

Penarth CF64 2AG

TEL: 02920 701370

www.penarthnaturalhealthservices.co.uk

follow on facebook