

NEW at naturallyu

- Craniosacral Therapy with Fran Cash (page 5)
- Shiatsu with Marion Wallis (page 6)
- Hawaiiin Lomi-Lomi Massage with Ruth Levy-So (page 7)

Inside this issue:

Jeremy Seabrook Break-Through Therapy	2
Eyelash Extensions with Barbara Hall	3
Mary Caffrey Non surgical Face Lift	5
Julia Rowsell affordable Beauty Therapy	6
Sharie Neyland Dr.Hauschka	7
Your old bra's!	8
PLEASE...	

Fund Raising for Breast Cancer Research

The **RETURN** of the **naturallyu**

OFFICIAL ASHBURTON BRA COLLECTION POINT
from OCTOBER 1st

Sponsored by Palm FM (see back page)



CHECK OUT OUR NEW WEBSITE

www.naturallyu.co.uk

A huge thank you to all our clients who gave us testimonials

naturallyu Congratulates Charlotte, Jess and Emma in their *new salon positions...*

naturallyu are thrilled that Charlotte accepted the challenge of training for a management role. She plans to study next year for her NVQ3 in hairdressing at The South Devon College and will train along side Kay to gain all the experience and knowledge she will need for her new career as manageress at naturallyu in a couple of years.

Jess is now qualified at NVQ2 level and is working as a stylist on Thursdays including The Barber Shop which runs from 5-7 pm.



Left to right -
Jess Wilson, Charlotte Tippett and Emma Stoneman

We are pleased to welcome our newest team member, 1st year apprentice Emma who has settled in very quickly to salon life. She will be working with

Charlotte to help gain her ambition as a stylist over the next two years. Models are required for Emma, pop in for more details.

*'clearing
the blocks
that limit
you'*



Jeremy is
available at
naturallyu
on Tuesdays
& Thursdays
9am – 7pm

Jeremy Seabrook - BreakThrough Therapy

BreakThrough Therapy is a synergy of Mind, Body and Spirit therapies. Our aim is to provide effective change work and holistic treatments for clients in order to improve health, well-being and happiness.

If, at some time, we have had experiences that are too difficult for us to process such as trauma, physical ailments, or emotional wounds, we tend to close ourselves off from them - shut out the pain and suppress the unwanted experience.

Over a period of time, this can create blocks - inner obstacles that reduce the flow of natural creativity and vitality.

This can leave us feeling closed off and perhaps unfulfilled in certain areas of life. The energy used to continually repress an experience can also leave us feeling depleted and form limiting beliefs - programs that reinforce the unwanted state.

Often, we try to solve our problems with the rational mind, the mind struggles to find the answer, and cannot. The trauma, belief or pattern that causes the block and the feeling of being ill-at-ease is beyond the conscious mind, deep within the psyche.

With solution focused therapy (Hypnotherapy, Tui-Na and Energy Healing), BreakThrough

Therapy opens the door to the break through and freedom you've been looking for.

Hypnosis is said to be the single most powerful psychotherapeutic tool for breaking the negative trance states of Depression and Anxiety. It can help with Stress, Smoking, Weight Loss, Phobias, Confidence, and Pain Control as well as a host of underlying issues.

As natural method of altering someone's state of consciousness, and perhaps not unlike being engrossed in a great book or interesting film, hypnosis is very pleasant and relaxing but at one with deep concentration. We will not lose awareness or control, in fact our awareness is heightened.

Brief or Solution Focused Hypnotherapy is the application of hypnotic techniques in such a way as to bring about your desired therapeutic change and is concerned with helping people achieve what they want to achieve in life. It is particularly helpful for confidence and self-esteem problems where your desired change can often be achieved rapidly. It is now recognised as one of the most successful interventions in the treatment of Depres-

sion and Anxiety disorders, including panic attacks and phobias.

Tui Na ('twee-nah') is a complete healing system, like acupuncture and Chinese herbal medicine. It treats chronic pain, especially that caused by muscle-skeletal conditions and injuries. Neck, Shoulder and Back Pain, Immobility, Sciatica and 'Tennis Elbow' all respond very well.

Because Tui-Na focuses on the healthy flow of Qi via direct manipulation of the acupuncture points and meridians, treating a specific condition will always result in improving the overall Qi status (health) of the body. This means Headaches, Migraines, IBS, Constipation, PMS and a range of emotional problems can also be treated.

Through Energy Healing, an awareness of the suffering is traced through the physical and emotional symptoms, to the root cause where, free from the rational mind, blocks can be released.

Integration can then occur as the creative force has been released by an internal process of letting go, getting out of the way, and allowing the energy to flow naturally once again.

NEW

Eyelash Extensions with Barbara Hall

Barbara is now offering amazing eyelash extensions which will enhance your natural lashes in length and fullness.

By attaching the lashes, made from brushed mink to your natural lashes using a special glue you can have the perfect look for up to 4-6 weeks.

Your natural lashes will shed between every 2-5

weeks according to hair growth, simply taking your extensions with them, so infills are used to fill any gaps.

A consultation and patch test for adhesive is required to ensure you have no adverse reaction at least 24hours before your new eyelash extensions are fitted.

Each lash is individually placed with the length and thickness you decide upon to create your required effect .

Your first full set of approximately 50-60 lashes will take 2 hours, infills approx 1 hour.

Full set £57. Infills £30

Call **01364 653811** to make an appointment.



Barbara Hall

What is Reflexology and how does it work?

Reflexology has ancient roots in many cultures, and there is evidence of some form of foot and hand therapy being practised in China as far back as 4000B.C.

It is based around the principle that there are points on the feet and hands which correspond to organs, systems and structures within the body. Gentle manipulation of these pressure points (reflexes) has a subtle but powerful effect on the tissues in the body. It is believed that nerve impulses are sent through 10 zones of the body, clearing energy blockages and directly stimulating 'sluggish' systems and organs to restore a better level of functioning within the body. The result is balance and wellbeing.

Who can benefit from treatments?

You don't have to be unwell to benefit from the effects of reflexology. The treatment is deeply relaxing and pleasurable, and many people will book their appointments for this reason alone. All age groups are suitable for reflexology, although under the ages of 16 years will need parental consent.

What is Indian Head Massage?

Originally part of the ancient healing tradition of Ayurveda, Indian Head Massage has been practised for thousands of years in India. The word 'Ayurveda' comes from Sanskrit and means 'the science of life and longevity', it's approach being based upon the balance of body, mind and spirit. The massage we use today combines some of the gentle grooming techniques

used by Indian women, with a more vigorous scalp massage which originates from the Barbers in India. A Western slant to the treatment has added in the upper back and shoulders, covering key areas where tension is held, making it a powerful therapy for de-stressing. Indian Head Massage has a powerful 'feel good' factor that all of us can benefit from.

How can it help me?

Gentle manipulation of the soft tissues is also very helpful in improving circulation, lymphatic drainage and the body's removal of toxins and distribution of nutrients to the tissues. Working the head is helpful for releasing mental tension, and stimulation of the scalp can promote healthy hair growth and improve the overall condition of the skin and hair.

"Hot Stones Reflexology. Absolutely wonderful! Would highly recommend this treatment"
C.Wills



"What a treat! This was one of the best and most relaxing massages I've ever had. Thank you"
Marie

Mary Caffrey - Remedical Massage - Hendrickson Method

Hendrickson Method is an advanced system of orthopedic therapy that brings together a dynamic combination of techniques: massage, mobilization and neuro-muscular re-education, synthesized with Eastern energy practices.

Clients receive a gentle session that provides pain-relief and functional rehabilitation. Precise and extremely effective, Hendrickson Method is a suitable therapy for most Orthopedic conditions which are causing pain and restriction of movement. With long-term benefits far beyond

what is possible with massage, this exceptional system of functional rehabilitation uses techniques that stimulate the synthesis of new cells, rehydrate cartilage, realign soft tissue and mobilise joints.

If you suffer from knee and hip pain it restores pain free function even if there is degeneration or loss of cartilage. Musicians particularly find it restores movement in their hands and relieves the pain brought on by repetitive strain from hours of practice.

Pain in your feet particularly when you first get out of bed? Relief from the pain of plantar fasciitis can be experienced from the first treatment.

Experience quick relief from the pain and discomfort brought on by tennis or golfers elbow.

You don't have to give up the activities you enjoy!

Call **01364 653811** to make an appointment on Wednesdays or Thursdays with Mary.



'a great treat for your face'



EXCITING NEW Natural Face Lift with Mary Caffrey.....

Our facial muscles are in constant use from smiling, frowning, eating, crying, yawning and so on. Over time this can cause accumulated tension which restricts the blood vessels causing reduced blood and lymph circulation to the facial tissues. This in turn prevents the efficient removal of waste products and reduces the amount of oxygen and nutrients being received. Natural face lift massage reduces muscle tension and improves the flow of blood and lymph. It uses a combination of western and eastern massage techniques.

One session will be very relaxing and a great treat for your face but for real results you will need a series of 6 treatments over three weeks. After that ongoing top up treatments every four to six weeks will help to keep your face looking it's best. Natural face lift is much more than a face treatment. Your whole body will feel the benefit!



The Natural Face Lift can help to:

- Improve skin suppleness.
- Reduce and release any muscle tension in the face and jaw.

Relieve stress symptoms such as insomnia, headaches and eye strain.

Tones and helps to tighten the skin and underlying muscle.

Stimulate rejuvenation and cellular activity.

Aid lymphatic circulation, increasing the elimination of toxins and the supply of nutrients to the cells.

Aid the removal of dead skin cells.

Maintain a fresh and youthful appearance.

Enhance mental and physical relaxation.

Allie Perry

Why not treat yourself to a beautiful set of gel or acrylic nails with Allie. She uses OPI high quality products which will achieve a perfect finish. If you already have natural nails that require no enhancement then a full or mini manicure will nurture them into top condition with the choice of natural, French or coloured polish finish.

A pedicure is the ultimate pre - holiday treat if you are planning a winter break in the sun.

Allie is a superb make-up artist for that special occasion when you want a look that you feel you are unsure of achieving yourself. Why not make an appointment for Allie to help you with suggestions on colours and

Nails and Make-up

tones that suit you with tips on how to apply make-up yourself.

Wedding packages are available at naturallyu including Allie's make-up and nails with other hair and beauty treatments. Pop in for more details.

Allie is available for appointments on Wednesdays and other days with special arrangements.



Welcome to our **NEW** Craniosacral Therapist Fran Cash RCST

I have been involved with Complimentary Medicine for several years. As well as Craniosacral Therapy, I am also qualified in Holistic Massage, Reflexology and Reiki Healing. I trained in Cranial Sacral Therapy with the Craniosacral Educational Trust in London. I have also completed a postgraduate course, specializing in Cranial for mothers and babies, which is an area that is of particular interest to me. I am a Supervisor for the Student Teaching Clinic in London on a part-time basis.

The gentle approach of this therapy is entirely non-invasive. It is suitable for all ages from newborn babies to the elderly. The therapy

can help to identify and influence deeply held patterns of disease, which accumulate in the body, as a result of physical and emotional stress. It is a 'hands on' therapy that follows subtle innate movements within the body structure. It is based on a number of findings about the body's subtle physiology, which were made by Osteopaths in the USA nearly 100 years ago. The findings show that every cell in a healthy body expresses a rhythmic movement which is fundamental to life, which has been called Craniosacral motion. At the core of the body the cerebro-spinal fluid, which bathes and cushions the brain and spinal chord, expresses this motion as a tide-like

ebb and flow; while bones, organs and other structures of the body each follow their own particular pattern of movement within this. This motion is so subtle that it is barely measurable with instruments. However, the hands of a trained practitioner are able to perceive it. This gentle therapy uses no manipulation. The practitioner listens via the hands, to what is going on in the body, and facilitates the body's vital force to manifest and bring about intrinsic change and reorganization. In this way the practitioner identifies and treats pain or tensions held in the body. The treatment is suitable for a variety of conditions.



“ Suitable for all ages from newborn babies to the elderly.”

Marion Wallis

Shiatsu is a form of bodywork that has roots in Traditional Chinese Medicine which was further developed and integrated with Western medical concepts in Japan.

Shiatsu considers the person as a whole-body, emotions, mind and spirit. It literally means 'finger pressure' and the underlying philosophy is that the vital energy of the body, (Ki) flows through



channels called meridians. Optimum health is achieved when good quality Ki, blood and fluids flow smoothly throughout the body. Shiatsu helps to bring about this smooth flow.

Call in to naturallyu for more information.

Treatment sessions take place fully clothed on a futon at floor level. (Please wear loose, warm and comfortable clothing.)

Shiatsu Practitioner

Conditions that may be helped by Shiatsu

Back & shoulder pain with tension
Whiplash & neck stiffness
Stress ◻ Headaches
Chronic fatigue
Digestive disorders
Menstrual disorders
Menopausal problems
Fertility disorders
Circulatory problems
Sports injuries
Depression ◻ Insomnia

naturallyu welcomes Beauty Therapist

FACIALS

The Hara beauty range that I use is modular, enabling me to mix and match products to suit each client. After a consultation and examination I can select the ideal products for your skin type. These products combined with facial massage improve the look of your skin instantly. Regular facial treatments keep the skin fresh and exfoliated and improve circulation and muscle tone. A wonderfully relaxing way to spend an hour.

Full facial including exfoliating scrub, massage & mask £28
Express facial- cleanse, massage, tone & moisturise £18

WAXING

The Hara waxes that I use are made from the finest ingredients and provide effective and comfortable waxing. The treatments are finished with tea tree after

wax oil and finally tea tree lotion for soothing. Waxing can leave you hair free for three to six weeks and re-growth is finer and softer.

Full legs £21 1/2 legs £16
Bikini line £10 Underarms £9
Eyebrows, Upper lip or chin £7 each, £12 for 2 or £15 for all 3

TINTING

This is an incredibly cost effective and quick way of giving your eyes a boost. Lash tinting gives the effect of wearing mascara only takes 15 minutes and lasts around 4 weeks. Brow tinting frames your face beautifully lasts for 1-2 weeks and only takes 5 minutes. Several tint colours are available to suit your hair or eye colour and skin tone.

Lash Tinting £8
Lash and brow tint £10
Brow Tint £5

Julia Rowsell

MASSAGE

There are many benefits to massage. Blood circulation, lymphatic drainage, muscular tension and the texture and tone of the skin can all be improved with various techniques. Massage can also soothe or stimulate sensory nerve endings. Regular massage keeps muscles loose and can prevent the build up of toxins and tension that can lead to aches, stiffness and discomfort. The overall effect of massage treatments promotes a sense of well being, aids relaxation and relieves stress.

Swedish full body massage £35
Back, neck & shoulder Massage £18
Indian Head Massage £25
Scalp, Face, Shoulders, Hands or feet £10 each

"My belief is that effective beauty treatment need not be invasive or expensive and should



Sharie Neyland - Dr Hauschka Esthetician & Reiki Master

It is that time again, with the autumnal equinox just behind us and St Michaels and all angels day (29th September) is approaching. This is when nature withdraws into the earth for winter; for us too, it is a time to go within and nurture our ideas for the following spring.

There are four Celtic festivals and four cross quarter festivals during this year, which mark the path of the sun and define our seasons. These subtle changes in our earths rhythm are every six weeks or so and they affect us too as man as not separate from nature. Such times are fortuitous for the blissful experience of a Dr Hauschka facial. A goddess treatment, if ever there was one, using hot aromatic

compresses, this mild lymphatic stimulation whilst being cocooned in warm organic towels will leave your skin glowing and your very being suffused in absolute harmony.

I also offer Reiki treatments which are a gateway to self healing, this divine energy, directly from the higher realms always gives you what you need. Reiki works on all levels, physical, emotional, mental and spiritual bringing all into alignment. Reiki cannot be misused in any way, it can only work for the highest good of any individual. It can, however, shift that which needs it be let go of, like a cleansing moving you ever closer to wholeness.

Last - but not least. I teach facial gymnastics, a unique

set of effective exercises, designed by Dr Drobil which are carefully taught over two sessions to give you a facial firming programme for life that really works. There are ninety one muscles in the face and they will take on habitual facial expressions - so smile!

A dedicated fifteen minutes a day will firm and tone muscles, regardless of the skin care you use, although for me nothing comes close to the Dr. Hauschka range.

I work at naturallyu on Mondays, a beautiful venue in Ashburton dedicated to nurture and restoration of body mind and spirit.

Sharie



Call in to **naturallyu**
If you would like further information about
Dr. Hauschka Skincare
Treatments Products
or to make an appointment with
Sharie
01364 653811

Hawaiian Lomi-Lomi Massage

Hawaiian Lomi-Lomi is based on the Kahuna philosophy of the interconnectedness of life and the Healing Power of Love as a restorative energy from the Creator.

Polynesian massage systems, unlike Eastern and Western systems is done with Hawaiian and other spiritual music playing and can be a dance or other movement form of massage, an active meditation with long, deep breathing for both giver and receiver, based on an ancient traditional temple massage known as Lomi-Lomi in

Hawaii (Romi-Romi in New Zealand.)

I have studied and practiced both forms of this massage, having originally trained in New Zealand with the Maori people and again recently qualified in Hawaiian Lomi-Lomi as a practitioner at Advanced Level with Carrie Rowell.

This massage has to be experienced to be described as it is a very different type of treatment from Swedish or other forms of therapeutic massage. A very nurturing, rhythmically flowing massage, which is done mainly with the forearms,

clients are often left feeling very relaxed, blissful and with a deep sense of connection, having been "put back together again" with the gift of loving touch. It is non-invasive and not in any way painful, however its power should not be underestimated as a deep mind, body spirit transformational tool.

It puts you in touch with the beauty and peace in the universe because the philosophy and the massage are so intertwined with the energy of unconditional love.

Ruth Levy-So



'Healing Power of Love'

**Treatments commence October 5th in Ashburton at naturallyu or telephone
01364 642098 / 07540 832837**

ruthlevyso@yahoo.com

Fund Raising for Breast Cancer Research

The return of the naturallyu

OFFICIAL ASHBURTON BRA COLLECTION POINT

Sponsored by



The official pink BRA collection point raising funds for Breast Cancer Research returns to **naturallyu** on the 1st October 2010.

We are hoping to raise more funds by collecting bags more bra's with the help of Palm FM Radio along with other collection points in the South Devon area.

All the bra's are sent to third world countries



where they are much desired or recycled to make new ones.

Please hunt out all your old bra's or new unwanted ones and pop them into

naturallyu
4 West Street
Ashburton
Devon

Tel: 01364 653811

Website: www.naturallyu.co.uk

Email: kaybarber@naturallyu.co.uk

Wedding Fayre
Sunday 24th
October 2010
Lavender
House Hotel

Come and chat to us with any of your Wedding Day enquires at The Lavender House Hotel

We will be looking for a few brides to pamper on the day with hair and make-up demonstrations come early to put your name down.

naturallyu Wedding Packages available

Pink Himalayan Salt Lamps, Dr. Hauschka & Paul Mitchell products

Salt lamps
improve air quality

- ideal for*
- office workers
- massage rooms
- office desk
- computer users
- allergy sufferers
- convalescents
- parents
- meditators
- smokers



Paul Mitchell

ex-body range helps fine limp hair to thicken and adds body to your style.

"special hairdressers"
PAUL MITCHELL
LUXURY HAIR CARE

Dr. Hauschka

products
no chemicals
pure
Biodynamic
Organic
ingredients



Dr.Hauschka
Approved Outlet

NEW @ naturallyu
pamper packages

We are open
9.00 - 5.30
Tue - Sat
Mondays
Dr. Hauschka
Therapies only
Thurs Eve
5.00 - 7.00
Barber Shop