



Julia Heath

BA Hons, FdSci, MIGHT, MCAR, IHHT, FHT, Cert Ed, CTA.

Clinical Holistic Practitioner

Police officers are challenged with an enormous amount of emotional and physical stress. Long hours, high demands, exposure to death, and a constant threat of danger and physical harm all result in a near-constant state of flight-or-fight. Over time, this stressful state may cause serious health conditions. If you are a police officer dealing with high levels of stress, it is important to seek help before symptoms worsen.

Long Term Stress puts Police Officers at Increased Risk for:

High blood pressure , Heart problems , Insomnia ,Post-traumatic stress disorder, Depression , Anxiety disorders , Irritable Bowel Syndrome, Spinal problems , Alcohol related illness and Infection caused by Immune Dysfunction

So Why Choose Complementary Therapies?

Complementary therapies have been Clinically proven to lower blood pressure, rebalance the body systems, boost the immune system and help to detoxify stress hormones that in the long term can cause serious illness.

The body is hard wired to survive and is fully equipped to heal itself, but it can become overwhelmed by excessive demands and external toxins and sometimes it ,and you, just need a little help. By taking time out to de stress your body and mind you will be allowing your body a space in which it can start to heal and rebalance itself.

De stressing your mind and body does not make you lose your 'edge' , instead it helps you to focus and gain the clarity and good health that stress and prescription medications often take from us.

Complementary medicine is a growing feature of global healthcare practice today and is currently being recognised, and used, by an ever increasing percentage of the population as **preventative healthcare**.

Treatments Available On Site:

🕒 On Site Massage

For regular groups of nine or more clients, Julia will come to the workplace and perform twenty minute massages, whilst you are sat at your desk.

On site massage helps to relieve work related physical stress, including tension in the shoulders ,neck and scalp, carpal tunnel problems, stress headaches and eye strain.

Clinic Based Treatment Options:

🕒 Kinesiology

Is a therapy based on Chinese Medicine and Chiropractic. By using muscle testing techniques, the practitioner can identify energy blockages within the body's electrical and mechanical circuitry that when corrected, bring the body systems back into balance. This technique can also be used to detect vitamin and mineral deficiencies and food allergy and intolerances.

Kinesiology also offers **Emotional Stress Relief** which can greatly assist with trauma related issues, fears and phobias.

Reflexology

Is an ancient therapy that works on reflexes in the feet that correspond to glands, organs, musculature, skeletal body parts and body systems. Gentle pressure and massage is applied to the feet or hands to clear crystalline deposits, which block neural pathways and hinder normal body/brain function. Once the deposits are cleared, the body can rebalance and function at its optimum level, thus promoting detoxification and healing.

Lymphatic Drainage Massage

The lymphatic system is responsible for helping fluid and waste leave the body and for regulating the immune system. When the lymphatic system becomes blocked, fluid builds up and stagnates, causing the entire system to become toxic, making us feel sluggish and more susceptible to viral or contagious diseases.

By stimulating this system through massage, the body works more efficiently, which in turn boosts the immune system, clears blockages, eliminates toxins, transports nutrients to cells and increases the metabolism. Lymphatic drainage massage is especially useful for individuals who seem to suffer regularly from common illnesses like colds and flu.

Thai Yoga Massage

Is a very complex sequence of soft tissue pressing, stretching, twisting and joint manipulations. The practitioner works the patient's body in order to balance energy levels, affect better flexibility, and equalises muscle flexibility on both sides of the body, thus relieving uneven forces on the spine and joints. Particularly beneficial for sportspeople, body builders, dancers or anyone with a physically demanding job.

Swedish Deep Tissue Massage

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions.") It uses a firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and create relaxation.

Aromatherapy

Carefully selected essential oils are used in conjunction with massage to promote deep relaxation and healing to restore vitality, health and well being. Essential oils are nature's medicines and assist in the easing and curing of many symptoms and ailments, especially those related to long term stress.

What happens in a Treatment Session

A patient consultation is undertaken paying particular attention to client symptom profile and health/medication status. This consultation can take up to half an hour, so you should expect the first treatment session to take longer than normal. Treatment sessions generally last for one hour depending on the treatment chosen. All sessions are undertaken in a private facility which ensures personal privacy at all times.

All sessions are fully confidential and practiced in accordance with current healthcare Legislations, National Occupational Standards, Professional Codes of Conduct, Hygiene and Ethics.

Treatment Price List

Aroma full body massage:	£35	Kinesiology:	£35
Swedish Deep Tissue Massage:	£35	Reflexology:	£35
Thai Yoga Massage	£35	Lymphatic Drainage Massage:	£35
On Site Massage	£12		

Julia is a Professional member of:

The Federation of Holistic Therapists (FHT), The Complementary Therapists Association (Embod), The International Council for Holistic Therapists, The Clinical Centre for Reflexology, The Association of Reflexologists, The Institute for Learning

For Further Information Please Contact:

Julia Heath

Turret Hall, Stone Pit Lane, Croft, Warrington, Cheshire WA3 7DY

Tel 01925 762189

Or Text Mobile:0797 9666 297