



WEAVERHOUSE

PROFESSIONAL OSTEOPATHY AND HEALTH CARE

Spring Newsletter 2019

01270 629933 - info@weaverhouse.com

Welcome to our Spring Newsletter 2019

Our team here is continuing to grow as we welcome two new starters this month

Michael Tattersall - Podiatry



Michael 14 year's experience as a podiatrist, he is very passionate about the work he does, and is looking forward to the new chapter of working here at WeaverHouse.

Treatments available: Removal of Corns and Calluses, Verrucae, Nail Management, Fungal Nails, Involved (curved) Nails, In-growing Toenails (local anaesthetic), Reduction of Thickened Nails, Footwear Advice, Diabetic Foot Assessment, Orthotic Insoles, Heel Pain, Foot Massage, Forefoot Pain, Sweaty feet (hyperhidrosis), Dry Skin (Anhidrosis), Cracked Heals, Heel Sanding.

Jenny Hampton – Massage Therapist



I am a massage therapist and tutor and I love to help others to feel more at ease in their body. I took the holistic massage diploma with the Bristol College of Massage

and Bodywork in 2010. It opened my eyes to how we experience and process stress, and how we can let go of it, and it became by passion to share that with others. I am amazed by the power of simply being, listening to the body and being curious while I give massage. So much healing happens working in this way, releasing the underlying tensions in the body. It creates a deep sense of letting go, enabling greater ease and movement.

Outside of offering sessions and workshops, I write and play songs on the piano and guitar and love to sing. I enjoy walks in nature, hanging out with friends, playing with my cat, going to the cinema and enjoying the journey of being alive.

MOTHER'S DAY 31ST MARCH 2019

GIVE A TREATMENT AT WEAVERHOUSE WITH ONE OF OUR GIFT VOUCHERS



TYPES OF TREATMENT AVAILABLE:

- OSTEOPATHY- HYPNOTHERAPY
- HOMEOPATHY- REIKI
- REFLEXOLOGY
(FEET, FACE OR BOTH)
- DEEP TISSUE MASSAGE
(REMEDIAL/SPORTS)

London Marathon - 28th April

Are you training for the London marathon! but those niggling aches and pains keep holding you back then come see one of our osteopaths, they may be able to help you to be at your fittest and reduce the chance of you getting a serious injury, we also have a fabulous Hypnotherapist who is trained in NLP (Neurolinguistic Programming) that may also be able to help you be in the best head space, if your like so many of us that doubt ourselves which can be one of the biggest barriers to holding you back

Many people find that some of their posture muscles are weakened after years of disuse. It's important to get those muscles moving again, with some simple stretches you can achieve control over them again.

For the best results in running try keeping yourself centred and stand tall may be restricted by physical or emotional limitational this can make it difficult and energy intensive for you to keep your spine straight.



Understanding Hypnosis

What is NLP?

It stands for neurolinguistic programming, and in a nutshell is about how our mind works. The thoughts and feelings we have, the images, conversations and smells (even tastes) we conjure up in our mind all affect our well-being and our performance.

So, what if you could rewrite difficult memories, have new or different conversations with people, even change the way you feel about something that's bothering you, or just stop letting it bother you?

What would you be able to achieve?

All of this is possible with NLP.

By Marie Easom
Hypnotherapist

National Gardening Week - 29th April

Do you find gardening enjoyable, relaxing and a great form of exercise. Although it may be all of those things it may also be literally a pain in the back, neck shoulders and knees? Then you're in the right place we may be able to help you, not only with helping you get back into the garden with Osteopathy, but with some tips of how to reduce some of these flare ups you may be able to stay active for longer.

Stretch tall like a tree bending down to trunk hug pose



Finishing off with leg butterfly pose (sitting adductor stretch)



Hay fever

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest

Are you struggling with symptoms such as:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired

Then come see our Homeopath Nicci, she may be able to help you relieve your symptom's and advise you on ways to help manage your hay fever on a long-term basis.



FREE

Osteopathic Back and Health Assessment Check

WeaverHouse offer a range of other therapies including:

Osteopathy, Osteopathy for Children, Chiroprody / Podiatry, Cranial Osteopathy, Acupuncture, Homeopathy, Hypnotherapy, Reflexology, Remedial/Stress Massage, Canine Osteopathy

126 Hospital Street, Nantwich, Cheshire, CW5 5RY

01270 62 99 33 www.weaverhouse.com

