



Welcome!

One of the reasons I enjoy working at Champneys is the sheer depth and breath of experience of the therapy team.

During a retreat programme we take time to work on goal setting at the beginning and end of the week as well as providing you with an excellent technique for creating your vision for the future within the workbook.

However, some of our clients are looking for one on one support on the mind detox aspect. For this there are some excellent options listed below. There are also numerous fun sessions you can take part in including clairvoyance and image consulting. For more information you can log on to the Champneys website:

<http://www.champneys.com/Treatments/Wellbeing>

I look forward to working with you,

Amanda

£75/3-in-1 De-stress programme

After taking a medical history and an examination of tongue and pulses, the treatment typically starts with tuina (acupressure): working upon the client's areas of concern, and then acupuncture and hypnotherapy occurs simultaneously.

Tuina and Acupuncture are two of the three components of Traditional Chinese Medicine (TCM). Tuina is used as physiotherapy in Chinese hospitals for all ages and is recommended for many conditions.

According to your wishes, areas of tension and imbalance can be released, for example upon the neck, shoulder. Techniques and points will be highlighted so you can continue self-help at their home.

There are two main strands of acupuncture, one using Traditional Chinese Medicine (TCM) and the other the Five Elements, both are combined here: Acupuncture using TCM treats symptoms specifically, and can be used to alleviate associated symptoms such as hypertension, migraines, IBS and painful, heavy periods. Five Elements acupuncture focuses on treating emotions. Internalised emotions are an integral part of stress, and in turn can lead to ill-health. For example internalised frustration can lead to gynecological issues and migraines. Over-thinking and worry can lead to IBS, bloating, lethargy and weight issues. Clinical Hypnotherapy can be used to calm the mind and empower the client with tools to assert positive thoughts and remove unwanted behavior.

£85/Clinical Hypnotherapy

Clinical Hypnotherapy is a peaceful, pleasant, state of total relaxation and heightened awareness, not a sleep state. One does not lose control. Hypnotherapy helps unlock your creativity and access your full potential. Includes directional exploration of root causes and provides effective, lasting solutions, positively improving physical responses, mental and emotional attitudes and helps to change negative habits. Hypnotherapy can also help you to recover quickly from illness, get more out of life and find the energy to accomplish your personal goals.

"Clinical Hypnotherapy is a deeply pleasant experience that can really deliver on results. I strongly recommend it to anyone needing that extra support." Amanda

£75/Meditation (1:1)

Meditation helps you to adapt more easily to life's changes and develop more of your full potential. During a Meditation session you will be taught techniques, which with daily practise, enable the mind to become calmer and alert. Meditation can improve physical health, clarity of mind and confidence as well as your emotional stability and help to gain a better understanding of yourself.

As a regular meditator myself, I really do value mediation as a healing and wellbeing tool. By learning on a 1:1 basis our clients have much more opportunity to get that 'A-Ha' moment when the technique of meditation really clicks. We've had great feedback from clients who have sampled this session. Amanda

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