

# WellBeing Centre

*Balance for your body and mind*



Restoring Health

- Soft Tissue Therapy
  - Advanced Sports and Remedial Massage
  - HydroTherm Therapy (3 Dimensional Massage)
  - Specialised Massage for Pregnancy and Cancer
  - Swedish Massage (Relaxation)
  - Niel-Asher Technique
- Restoring Colour with Colour Me Beautiful@Home
- Hair & Beauty Treatments
- Bespoke Exercise Prescription
- Osteopathy
- Holistic Therapies by Ben Barnett
- Solitary Relaxation (with Pulsed Electromagnetic Field Therapy)
- Psychological Services
- Feel Well Live Well Therapy Course
- Corporate Wellbeing
- The Wellness Foundation Course (1:1 Exercise, Nutrition and Lifestyle Transformation)
- Business Coaching



In collaboration with



Restoring Colour



Feel Well  
Live Well  
THERAPY



NewMed  
Improving Quality of Life



Holistic Therapies  
by Ben Barnett



DAY ONE  
WELLNESS

Osteopathy by  
Mark Beresford

[www.restoring-health.co.uk](http://www.restoring-health.co.uk)

# For a free consultation call



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## Where to find us

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[www.restoring-health.co.uk](http://www.restoring-health.co.uk)