

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



Osteopathy by
Mark Beresford

www.restoring-health.co.uk

For a free consultation call



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