

# healthworks supports when life becomes challenging

With the forces of Spring, life seems to speed up, we get into gear, want to get out and fit for the new season. This additional boost can be fun and is helpful. At the same time it can lead to growing demands in daily life. More choices, more decisions, more things that need attention. Scenarios like this may be familiar, but sometimes they can become overwhelming resulting in high stress levels. Ongoing challenges have their impact on our system and quite often create emotional, mental or even physical problems. When faced with those difficulties, the **Healthworks Centre** in Forres, with its team of experienced Practitioners, can be a valuable address. It offers almost the entire spectrum of complementary and alternative health care therapies. Whether you would like to relax with a massage, need support in your relationship or work life, or help with physical issues, at Healthworks you meet fully trained and insured Practitioners that provide an excellent range of therapies, all under one roof.

In summer last year, Celia Forestal Smith joined the Healthworks group and enriched the range of available treatment options with her qualities. Being a trained Healing Practitioner, she has specialised in Energetic Cellular Healing and is a member of the National Federation of Spiritual Healers and of the Independent Professional Therapists International. Celia's gentle and holistic approach can provide effective support for various health conditions such as chronic fatigue, depression and Alzheimer's. She also treats clients with acute or chronic problems in the physical area, in any system of the body.



Cellular Healing is a hands on technique which aims at helping a client to create health in all areas of their life. Many of us are facing challenges; we may have emotional or spiritual problems, be looking for ways to manage stress or want to reduce anxiety. Celia's treatment on the cellular level addresses those difficulties and as further benefit allows you to have a sense of deep relaxation.

## The Independent Practitioners Group

### Acupuncture:

#### Traditional Chinese

James Adams  
07513 038 007  
Therese Poon  
07785 284 536

#### Western Medical

N. & E. Robinson  
01309 671 413

#### Alexander Technique

Alan Massey  
01309 691 545

#### Aromatherapy Massage

Alison Leishman  
01309 672 864

#### Biomagnetism Therapy

Ada Geddes  
07403 808 083

#### BodyTalk

Katharina Kroeber  
07905 499 673

#### Counselling

Jules Petrie  
07719 091 083



#### Counselling & Couple Couns.

Michael Hawkins  
01309 671552

#### Energetic Cellular Healing

Celia Forestal  
Smith  
07883 516 342

#### Herbalism

Fiona McIntyre  
07747 010620

#### Homeopathy

Pia Wallace  
07934 289 102

#### Hypnotherapy & NLP

Pat Wilson  
01309 672338

#### Remedial & Pregnancy Massage

Louise McRitchie  
01343 842 837

#### Remedial Massage & Lymphatic Drainage

Janey Tinsley  
07900 817 034

#### Naturopathy

Deborah Sutherland  
01309 671413

#### Osteopathy, Cranial Osteop.

E. & N. Robinson  
Deborah Sutherland  
01309 671 413

#### Reflexology & Acupressure

Grace Pirnie  
01309 671 504

#### Leadership Coaching & Spiritual Counselling, Supervision

Chloe Greenwood  
01309 691 575

#### Spiritual Healing & Reiki

Jutta Geissler  
01309 671552

All practitioners are insured.

<http://www.healthworks.uk.net>