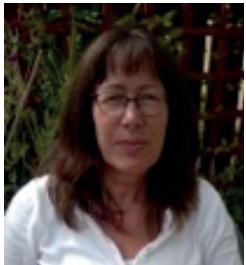


HEALTH WORKS - your well being in good hands

The days are getting colder and the light is diminishing. These last months of the year are inviting us to stay indoors, to snuggle up in front of the fireplace with a hot cup of tea. We look for warmth and also for connection in order to feel good; in fact, these components are essential for our health. Who doesn't know about the nourishment we feel through the touch of another human being.



Irene Schenk is a specialist in empathic and compassionate touch. As Shiatsu Practitioner she offers her skills to bring relief from suffering; her treatments address energetic imbalances, provide relief from stress or tension, treat current symptoms and help maintaining your physical health. The beauty of Shiatsu is that it is deeply relaxing with its

healing potential and that regular sessions are a very pleasant way to prevent future health issues.

Irene has graduated as Shiatsu Practitioner in 1996 and is now back at Healthworks in Forres with her wealth of experience. She is part of a team of fully trained, experienced and insured Practitioners that offer an extensive range of complementary and alternative health care therapies with the aim to restore and bring balance to your mind, body and soul.

It is good to know where to go when we need support or guidance for our health. HEALTHWORKS is one of those havens where you can place your well being in good hands.

www.healthworks.uk.net

healthworks
holistic health centre
5 bank lane, forres, tel. 01309 676691

INDEPENDENT PRACTITIONERS All practitioners are insured.

Acupuncture Trad. Chinese

James Adams
07513 038 007

Acupuncture Western Medical

N.& E. Robinson
01309 671 413

Alexander Technique

Alan Massey
01309 691 545

Aromatherapy Massage

Alison Leishman
01309 672 864

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 516342

Homeopathy

Pia Wallace
07934 289 102

Hypnotherapy & NLP

Pat Wilson
01309 672338

Psychotherapy & EMDR

Daryl Joyce
07704 264 398

Remedial Massage & Lymphatic Drainage

Janey Brown
07900 817 034

Naturopathy

Deborah Sutherland
01309 671413

Osteopathy, Cranial

Osteopathy

E.& N. Robinson
Deborah Sutherland
01309 671 413

Reflexology & Acupressure

Grace Pirnie
01309 671 504

Remedial & Pregnancy Massage

Louise McRitchie
01343 842 837

Shiatsu (Acupressure)

Irene Schenk
01309 358255

Spiritual Healing & Reiki

Jutta Geissler
01309 671552

Zen Yoga

Pia Wallace
07934 289 102