

**HEALTHWORKS -
with a spring in your step into the season**

Spring is approaching and the first tips of green and tender blossoms are in sight. It is a joy to witness the rising energy in nature. For the human body this time of change can sometimes be challenging. Although the growth outside is stimulating and inviting, tiredness often creeps up in our system and demands attention. Spring cleaning in the house is a great way to remove the debris gathered over winter and to bring fresh air and movement into the living space. For the body such a process can be of equal benefit and there are various options and methods that can support us in adapting to the new season and its rhythm.

If you would like to go into spring with a renewed sense of health and look for advice or help, the Healthworks Centre in Forres is an excellent address. About twenty independent, fully qualified practitioners offer almost the entire spectrum of complementary and alternative health care therapies. From body work, movement therapies and massages, to counselling or healing treatment with remedies, nutritionally or spiritually - there are about 15 different options available that help you promoting or regaining your health.



Well-being of body, mind and soul is at the heart of every practitioners approach. A visit at the Healthworks Centre in Forres can be a promising start into spring and may give you the boost you are looking for. Furthermore you may find an ally for your sustained health throughout the year - your first address for all seasons.

Christine Hartmann

INDEPENDENT PRACTITIONERS

www.healthworks.uk.net

Acupuncture Trad. Chinese

James Adams
07513 038 007
Therese Poon
07785 284 536

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 516 342

Herbalism

Fiona McIntyre
07747 010620

Homeopathy

Pia Wallace
07934 289 102

Hypnotherapy & NLP

Pat Wilson
01309 672338

Remedial Massage & Lymphatic Drainage

Janey Brown
07900 817 034

Naturopathy

Deborah Sutherland
01309 671413

Nutrition and Lifestyle

Eveline Rodenburg
01309 691156

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

Spiritual Healing & Reiki

Jutta Geissler
01309 671552

Zen Yoga

Pia Wallace
07934 289 102

All practitioners are insured.