



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
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 Osteopathy

E. & N. Robinson
Deborah Sutherland
01309 671 413

Reflexology & Acupressure

Grace Pirnie
01309 671 504

Spiritual Healing & Reiki

Jutta Geissler 01309 671552

All practitioners are insured.

HEALTHWORKS

when Body, Mind & Soul need healing

Sometimes a piece of music or a breathtaking view can send shivers up and down our spine and we are touched. It seems that more than just our body is affected by those pleasures and feels nourished. There is body, mind and soul that make us humans, which means any of those parts need food, attention, and can suffer. Focusing on where it hurts can be a good start when dealing with a health issue, although addressing it holistically proves to be more beneficial - science has shown by now that we function as a system.

With Jutta Geissler, long time Healthworks practitioner, we meet a specialist in holistic health care. She has been offering Reiki and Spiritual Healing for many years. As a qualified physiotherapist in Germany, specialising in treating brain injured children and newborn, Jutta evolved into offering Spiritual Healing and Reiki for adults. She feels the benefits of healing can be felt on many levels and the effects are nurturing and profound. Spiritual healing is a natural energy therapy and complements conventional medicine by treating the whole person – mind, body and spirit. Spiritual healers and Reiki practitioners act as a conduit for healing energy, which



relaxes the body, releases stress and tension and, significantly, stimulates self-healing. In 2000 Jutta became a Usui Reiki Master in 2000, a Japanese form of healing that, in a similar way, channels natural healing energy. Both practices involve the laying on of hands, on and off the body. Jutta is a member of the NFSH/Healing and lives in Forres with her husband and son.

Under the roof of the Healthworks Centre a team of experienced independent practitioners is dedicated to provide an extensive range of complementary and alternative health care therapies. Balancing body, mind and soul as a whole is the focus of attention there, sometimes with guidance, a gentle touch, a listening ear, or a specific form of therapy. Whatever it needs to promote healing and restore health, the practitioners group at Healthworks in Forres is offering excellent treatment options, having you and your soul at heart.

Christine Hartmann

Advertising Feature