

Summer is over and for many the holidays just remain as a memory. A break from work, school or home can do wonders in regards to how we feel in our skin. Many hope that the sense of relaxation and aliveness lingers on for a bit longer, sustaining us into the time when days are getting shorter. A vacation can make us feel refreshed and younger. We wish that this feeling could last, that there would be a way to maintain the sense of being alive and somehow ageless.

The good news is, that there are possibilities - we may find them just around the corner. Alan Massey, a fully qualified Alexander Technique practitioner, is an excellent guide on the path to youthfulness. In his practice at the Healthworks Centre he teaches a 'body friendly' approach to life. With gentle manual and verbal guidance he helps his clients to experience poise and efficient movement. Alan lets you uncover unconscious habitual movements, which in turn leads to greater self awareness. Relief from pain, stress, tension and regaining natural alignment are just some of the benefits resulting from his approach. It helps you to find an easy balance in life and results in the feeling of being far younger than your actual age. The Alexander Technique can be applied to prevent injuries, improve posture, appearance, and supports performance in Sports and the Arts.



Alan Massey is part of a team of experienced practitioners at Healthworks in Forres who are committed to offer first class complementary health care in this area. With a range that covers almost the entire spectrum of complementary therapies and alternative medicine, the Healthworks Centre is the place to go when Body, Mind and Soul are calling for some care. Holidays can be a beautiful way to promote health and wellness. Healthworks can help you to continue on that path, even without having to travel abroad.

Christine Hartmann

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

All practitioners are insured.
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Michael Hawkins
01309 671552

Energetic Cellular Healing

Celia Forestal
Smith
07883 516 342

Herbalism

Fiona McIntyre
07747 010620

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Pia Wallace
07934 289 102

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Pat Wilson
01309 672338

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Bill Kerrins
07443 495 050

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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