



THERAPEUTIC TREATMENTS

“An integrated approach”



Life is precious, guard it

Life is a challenge, meet it

Life is tense, ease it

Life is a promise, keep it

Life is a pleasure, enjoy it

Life is rough, smooth it

Life is a duty, do it

Life is life, live it

Anon



Yaneth Carpenter

Dip.ASK, MIAIM, MAR, MIFPA, AC Reg.

Practitioner Profile

Yaneth is a fully qualified Kinesiologist, Aromatherapist, Reflexologist, Massage Therapist, Reiki Practitioner and Infant Massage Instructor and has been practising complementary therapies since 1993. She has also trained in the Dr.Hauschka Treatments.

Yaneth is a member of, and follows the Code of Ethics and Practice of, The Association of Systematic Kinesiology (TASK), The Register of the International Federation of Professional Aromatherapists (IFPA) and The Association of Reflexologists (AoR).

She is also registered with the Aromatherapy Consortium (AC) and the International Association of Infant Massage (IAIM).

All members of these professional bodies are required to undertake continuous professional training, seminars and workshops for up-dating and to gain further skills to enable the quality and range of treatments offered to be to the high professional standard required.

SPECIALIST TRAINING:

Aromatherapy and Pregnancy

Reflexology and Pregnancy

Aromatherapy and Massage in Cancer Care including work placements at Hammersmith and Royal Marsden Hospitals

Yaneth has attended two semestres at the University of Westminster to study Soft Tissue Work including techniques of Lymphatic Drainage Massage and undertaken several courses on Nutrition.

Appointment Duration

All treatments can be booked for 60 or 90 mins. except for the **initial** Kinesiology appointment which is always 90 mins.

Bookings/Cancellation Notice

Please note: 24 hours notice is required. 50% of the fee payable is applicable when 24 hours notice of cancellation is not given, or an appointment is missed.

For further information on therapies and treatments, please contact Reception, or Yaneth on 0795 666 1234



THERAPEUTIC TREATMENTS

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Relaxing

Reviving

Restoring

Rebalancing

Re-energising

“Where body and mind work in unison”

Yaneth Carpenter

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Your choice of

Therapeutic Treatments

will help you benefit from:

- Reduced stress levels
- Improved nervous conductivity
- Enhanced circulation of blood and lymph
- An overall sense of well-being
- Revitalised energy
- Stimulated creativity and productivity
- Relaxation of tense, tired, muscles by assisting in the removal from the muscles of lactic acid, a by-product of muscular activity that causes fatigue

Pregnancy & Postnatal Care

Pregnancy is a time of profound change for most women: mind, body and spirit are all involved. **Therapeutic Massage, Aromatherapy, Reflexology, Kinesiology Techniques** and **Reiki Healing** can play an important role in maintaining balance and harmony during these changes and help to give your baby the best possible start in life.

Holistic Therapies can assist in the following ways:

- Support through rapidly changing hormone levels
- Cramps/numbness of the fingers and toes
- Haemorrhoids
- Backache & Headaches
- Skin care
- Constipation
- Fluid retention
- Insomnia/tiredness
- Stress and anxiety

Treatments can be combined if required.

Kinesiology

Kinesiology is a diagnostic tool using manual muscle testing to evaluate the motor response of the central nervous system to a sensory challenge.

Kinesiology relates to the three vital and inter-dependent aspects of the human body: **emotional well-being and energy flow, physical well-being and nutritional.**

The treatment involves techniques such as stimulation of the lymph and blood flow, acupressure and firm reflex massage, light touch, fascia release, position of release, muscle energy techniques, and other techniques when needed, postural correction, nutritional requirements including food intolerances and sensitivities, chakra balancing, Bach Flower Remedies and Emotional Stress Release Techniques.

The exact treatment depends on the feedback your body gives through the muscle test.

Suggestions on some lifestyle and dietary changes, nutritional supplementation and gentle home exercises are made for support and continuation of your commitment to improve and keep yourself in good health.

Initial Appointment ~ 90 minutes

Follow-up Appointments ~ 60 minutes & 90 minutes

HOW TREATMENTS WORK

Whenever possible an integrated healthcare approach is used. Each of the treatments offered has the same purpose, i.e. to restore mind and body balance using a therapy or combination of therapies that is appropriate to meet the individual needs of the person. It is a truly holistic approach that takes into account the physical, nutritional and emotional aspect of the individual.

WHAT ARE THEY GOOD FOR?

The mind and body is an intertwined system that works simultaneously, therefore the work on a particular system of the body is reflected in the general response and improvement of the whole mind and body relationship.

The approach is all encompassing using my range of skills, experience and continuous training to deliver the best treatment with care and responsibility.

WHO ARE THEY GOOD FOR?

People of all ages, including children, can benefit from the integrated health care approach, especially if they are ready to receive support in their journey to better health.

Therapeutic Massage

Therapeutic Massage is an integrated treatment with a holistic approach. It combines various aspects of different therapies to normalize, improve flexibility, strengthen and condition soft tissue dysfunction.

The treatment incorporates advanced massage techniques, soft tissue manipulation such as muscle energy techniques, fascia release, trigger point therapy, tuina massage, lymphatic drainage, reflexology and kinesiology techniques. The techniques used depend on the needs of the individual.

Reiki

Reiki is a hands-on energy renewal technique. It stimulates the harmonious movement of energy pathways called meridians. When the flow of energy is impeded, illness results. This powerful method of revitalizing energy flow supports the body's own healing potential by inducing inner calm, so balance is restored and one's sense of purpose is revived.

Bach Flower Remedies can also be used, if indicated.

Reflexology

The feet and hands are a complex, dynamic mechanism subjected to considerable 'use and abuse'. There is a correlation of the reflexes of the feet and hands with the function of the muscular system and internal organs in our body. Also, our vital energy circulates in the body along meridians, which are similar to the blood, nerve and lymphatic circuits. **Reflexology** works to help attain and maintain the equilibrium between all the bodily functions by stimulation of the reflexes of the hands and feet and the balance of the energy flow along the meridians that are under or over energised.

Aromatherapy

Aromatherapy is an ancient therapeutic treatment using essential oils and massage to increase vitality and improve physical and emotional well being.

Essential oils are the extracts from many plants. Each essential oil possesses distinct therapeutic properties that can promote health, prevent disease, alleviate tension and fight infection.

“Only the body heals and when the body is relaxed, healing is possible. But attitude, an open mind and a genuine desire for health are of vital importance to any healing process.”