

## JAN 2009 NEWSLETTER

FROM RIMA SHAH

### PREGNANCY & COMPLEMENTARY THERAPIES

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Pregnancy is a wonderful and exciting time for most women, but there are many women that suffer from pregnancy related discomfort – but with careful use Natural remedies are on hand to help!

Maternity Massages and Maternity Reflexology treatments can be a wonderfully special treatment for the mum, and gives her some “me time”. The treatments are designed to nurture and deeply soothe mum during this wonderful time in her life.

These treatments can help with:

- Stress
- Aches and Pains – inc back & pelvic pain
- Tiredness
- Prevents Stretch marks
- Oedema
- Giving a positive outlook
- Morning Sickness
- Varicose veins
- Labour & birth

The treatments are also wonderful as a general pampering for the mother to be.

At Calm and Clear we specialise in treating women during all stages of pregnancy – from conception to labour, so you are in the very best hands and can feel confident that you are receiving the best treatment for you and your baby.

Rima is fully qualified in all Maternity treatments, and she also teaches Maternity Massage and Maternity Reflexology diplomas to other practitioners – so you know you are getting the very best!

Contact us for further information about any of these treatments or if you would like to book a session.



### SPECIAL OFFERS

#### EXCLUSIVE OFFERS FOR NEWSLETTER SUBSCRIBERS:

#### REFER-A-FRIEND

Refer a friend to Calm and Clear and you will receive a **£15 off** voucher to use against future treatments, plus your friend will get **£10 off** their next treatment. The more people you refer then more vouchers you get!

#### POST HOLIDAY INDULGENCE TREATMENT

Get a special head to toe treatment to de-stress and revive you. Book a 90 minutes combination treatment of either Hopi ear candling and Facial Rejuvenation OR Reflexology and Hopi ear candling at **£10 off** the regular price.

#### REWARD CARDS

Be rewarded with a **FREE** treatment with the Calm and Clear Reward Card. Produce the card at each appointment, and after your 7<sup>th</sup> treatment you will get the 8<sup>th</sup> free! Ask for your card at your next appointment.

#### \* TERMS & CONDITIONS:

- 1 These offers cannot be used in conjunction with any other offer, including Calm and Clear Reward Cards.
- 2 Refer a friend: discounts are applicable after the “friend” has booked and paid for their treatment.
- 3 Only one promotion can be redeemed at any one time and All offers are subject to availability
- 4 Calm and Clear has the right to withdraw any offer, or make changes to an offer without any notice
- 5 Not transferable for cash
- 6 Offer must be quoted at time of booking and again on the day of the appointment (use appropriate reference details)
- 7 Jan 09 Newsletter offers valid until 31<sup>st</sup> March 2009

### *Calm and Clear Update*

Welcome!

Happy New Year!

January is a strange, and sometimes a difficult month for some people. Many people have over done it in December and are in need of some “me time”. To help you through this phase we’re offering you some special treatments to aid your recovery from the over-indulgences and stress – but all at a special price so it won’t hurt the credit card!

Take a look at our special offers to see what will work for you!

With best wishes from Rima –  
Founder of Calm and Clear

### CALM AND CLEAR THERAPIES:

**REFLEXOLOGY, AROMATHERAPY, INDIAN HEAD MASSAGE, FACIAL REJUVENATION, HOLISTIC FACIALS, HOPI EAR CANDLING, MATERNITY REFLEXOLOGY, MATERNITY MASSAGE**

[www.calmclear.co.uk](http://www.calmclear.co.uk)

## CHARITY WORK

### Help train traditional birth attendants

Women in India are 80 times more likely to die of a maternity related cause than British women it is revealed in a report being published by the Child In Need Institute (CINI) in the run up to Mother's Day.

It is estimated that one third of women in India are underweight and few have access to skilled birth attendants who are knowledgeable about hygiene and infant health. This unacceptable standard of maternal health inevitably affects infant mortality and child health, with one in 16 children dying before the age of one. In areas where CINI's projects are well established, maternal health improved dramatically and child malnutrition and mortality has been halved.

Mother's Day (22<sup>nd</sup> March) is the perfect opportunity to make some changes. **Calm and Clear** are pleased to support CINI, and in the lead up to Mother's day we will be **donating a percentage of our takings from all Maternity Massage and Maternity Reflexology treatments given during the months of February and March to CINI.**

For further information about CINI please take a look at their website [www.cini.org](http://www.cini.org).

## CLINICS:

### NEAL'S YARD REMEDIES

2 NEAL'S YARD  
**COVENT GARDEN**  
LONDON  
WC2H 9DP

Monday: 5.30-8.30 pm  
Wednesday 12-4 pm

### NEAL'S YARD REMEDIES

295 UPPER STREET  
**ISLINGTON**  
LONDON  
N1 2TU

Tuesday: 3-7 pm – **\*NEW DAY\***  
Thursday: 3-8 pm

Appointment slots are often available **outside of these times**, so please contact us if you would like to book at any other time.

Appointments are also available in the **Finchley area (N3)** and at **Violet Hill Studios, NW8** (ad hoc hours by appointment only).

Pamper party, corporate and charity appointments are catered for – please ask for details, or take a look at the website.

Calm and Clear treatments are no longer available at Marylebone High Street. Instead, we are now in Islington every Tuesday and Thursday, and at Covent Garden as usual.

## PRESS UPDATE

**BBC RADIO 4** – Rima was on the show "I've Never Seen Star Wars" where she gave Esther Rantzen a reflexology taster in front of a studio audience (23/10/08)

**PSYCHOLOGIES MAGAZINE** – Rima is quoted as an aromatherapy specialist in an article (December 2008).



## WORKSHOPS

We are holding several workshops in the Islington clinic over the following months. Workshops include Stress Management, Natural Pregnancy and Looking good, feeling younger.

Please take a look at our sister site [www.binditherapyschool.com](http://www.binditherapyschool.com) for updated workshop information, including dates, times and titles.



## Calm and Clear online

The Calm and Clear website is:

[www.calmandclear.co.uk](http://www.calmandclear.co.uk)

Calm and Clear can also be found on MySpace and Facebook:

[www.myspace.com/calmandcleartherapies](http://www.myspace.com/calmandcleartherapies)

[www.facebook.com/group.php?gid=7641551652](http://www.facebook.com/group.php?gid=7641551652)

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If you prefer not to receive further newsletters, with details of special offers and therapies, then please send an email to: [newsletter@calmandclear.co.uk](mailto:newsletter@calmandclear.co.uk) with the word "Remove" in the subject and put your name, email and postal address in the main body of the text or call 07947 359 838.