

## MAY 2009 NEWSLETTER

FROM RIMA SHAH

### Guide to this issue:

STRESS FREE SUMMER	1
UPDATE	1
SPECIAL OFFERS & REWARD CARD	1
PRESS UPDATES	2
CHARITY UPDATES	2
CLINIC UPDATES	2
CONTACT INFO	2

## STRESS FREE SUMMER

The summer sunshine brings a smile to most faces. However, it can also bring along some misery for a few – particularly those who suffer from seasonal allergies such as hayfever.

Luckily, there are a great number of natural things you can do to help with the seasonal allergies.

Herbs: drink an infusion of nettles, elderflower and eyebright to help your natural anti-histamines work. An eyebath of eyebright infusion (cold) will also help with the eye symptoms.

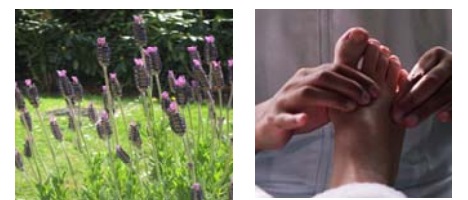
Aromatherapy: many essential oils can help with the sneezing and pollen irritation. Try Roman Chamomile, Geranium and Lemon. Other good oils are Frankincense and Peppermint. Experiment with the oils to find which ones work best for you. The oils can be put on a tissue and inhaled or put into a room vapouriser.

Adding your selection of oils to a balm or cream and applying it to the area above the lips is also very beneficial.

Also beneficial is the supplement Quercetin and Vitamin C.

Receiving regular Reflexology or Hopi ear candling treatments has also provided many people with relief from the symptoms of hayfever. Please contact us for further info.

Please check with a practitioner before using any of these natural remedies if you suffer from any ill health or are on any medication.



## Calm and Clear Update

Welcome!

While writing this the sun is shining and summer feels as though it is almost with us.

At Calm and Clear we have been pleased to receive some more press coverage, including a TV appearance (see other side for details).

With talks of financial woes more and more people are discovering the huge benefits of receiving a stress busting treatment from Calm and Clear. We've got a range of special offers for newsletter subscribers, which should help your money go further too.

Happy summertime to you, and I hope to see you soon.

With best wishes from Rima –  
Founder of Calm and Clear

## SPECIAL OFFERS

### EXCLUSIVE OFFERS FOR NEWSLETTER SUBSCRIBERS:

#### 🌀 HEAD TO TOE

A Summer de-stress/balancing top to toe treatment at a special discounted price!

Combine either a Facial Rejuvenation or Holistic Facial treatment with Reflexology as a 90 minutes full body MOT and get **£10 off** the total price.

#### 🌀 REWARD CARDS

Be rewarded with a **FREE** treatment with the Calm and Clear Reward Card.

Produce your card at each appointment to get it stamped, and after your 7<sup>th</sup> treatment you will get the 8<sup>th</sup> treatment 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 Only one promotion can be redeemed at any one time and All offers are subject to availability
- 3 Calm and Clear has the right to withdraw any offer, or make changes to an offer without any notice
- 4 Not transferable for cash
- 5 Offer must be quoted at time of booking and again on the day of the appointment (use appropriate reference details)
- 6 May 09 Newsletter offers valid until 31<sup>st</sup> July 2009

## 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)

## PRESS UPDATE

**SPiRiT & DESTiNY**

**SPiRiT & DESTiNY** magazine – Rima is quoted as a Reflexology specialist in the article “The Happy Heart Handbook”. (Feb 2009)

**BBC  
FOUR**

**BBC FOUR TV** – Rima is featured on “I’ve Never Seen Star Wars” with Marcus Brigstock. Rima gave David Davis MP a reflexology taster treatment (Broadcast 23<sup>rd</sup> April 2009)

## *CLINICS:*

### NEAL’S YARD REMEDIES

2 NEAL'S YARD  
COVENT GARDEN  
LONDON  
WC2H 9DP

Monday: 5.30-8.30 pm  
Wednesday: 12-4 pm - \***alternate weeks only\***

### NEAL’S YARD REMEDIES

295 UPPER STREET  
ISLINGTON  
LONDON  
N1 2TU

Tuesday: 3-7 pm  
Thursday: 3-8 pm \***plus 11am-2pm on alternate Thursdays\***

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 **FINCHLEY (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.

## CHARITY UPDATE

A great big “thank you” to all of you who participated in the Calm and Clear Mother’s Day charity fundraising for CINI UK.

The money raised is enough to train 6 traditional birth attendants, so that they can spot common complications, and refer at-risk mothers so that they can receive medical support, helping to save women's lives.



## WORKSHOPS

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)

You can also join our group 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)

## Contact information:

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



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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.