

**SEPT 2009
NEWSLETTER**

FROM RIMA SHAH

SOLE THERAPY - REFLEXOLOGY

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Reflexology is a deeply relaxing and interesting treatment to receive.

It is a therapy that deals with the principle that there are reflexes in the feet (and on hands, ears and face!) relevant to each and every organ function and part of the human body. Reflexology relaxes tension, improves nerve and blood supply and restores balance to the body.

All internal and external body parts are reflected by pressure points. Every physical and emotional experience the body has from conception is registered and remembered by the body and is reflected by textures and tender areas that develop in the feet, these are highlighted by the Reflexologist when these points are activated.

Reflexology is done using a specific finger/thumb microstimulation technique of the pressure points on the feet following a detailed consultation. This revitalises the body and supplies it with energy on all levels. Clients have said that it's restored mental alertness and improved their attention span.

It is medically recognised that over 75% of today's illnesses are stress related. Many people turn to reflexology to aid their stress relief, as they find it deeply relaxing as it works on every body system, including the nervous system. Following a reflexology treatment many people report sleeping better, experience less headaches, better digestion, reduced back pain and improved moods – among many other benefits. See below and special offers for all current Reflexology offers.

Calm and Clear Update

Hello

I hope that you have all had an enjoyable summer, despite the no show of our long awaited heatwave!

This time of year often produces that "back to school" feeling which can leave us feeling a little blue and stressed. Complementary Therapies are great to help to support the mind and body at this time of the year.

We have had a very busy summer, and are now preparing for World Reflexology week at the end of September – see events and special offers for more info.

With best wishes from Rima – Founder of Calm and Clear



WORLD REFLEXOLOGY WEEK
20TH – 26TH SEPTEMBER

World Reflexology Week is a week where all Reflexologists around the world promote Reflexology and all of it's benefits. This is a great opportunity for you to try the treatment if you have never done so before.

At Calm and Clear we are promoting the week by offering a number of special offers to all clients during the week from 20th to 26th September at all of our clinics.

Choose from either of the following:

- £10 off a 1 hour session**
- OR**
- 20 minutes taster treatment – free**

Sessions must be booked in advance and the offer WRW should be quoted at the time of booking. Please contact us for further information.

CALM AND CLEAR THERAPIES:

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

www.calmandclear.co.uk - info@calmandclear.co.uk

SPECIAL OFFERS

EXCLUSIVE OFFERS FOR NEWSLETTER SUBSCRIBERS:

WORLD REFLEXOLOGY WEEK

To promote WRW 2009 choose either a **FREE 20 minutes taster treatment** or get **£10 off a full 1 hour treatment**. Available at all clinics from 20th to 26th September.

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 7th treatment you will get the **8th 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 Sept 09 Newsletter offers valid until 22nd December 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

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.

GIFT VOUCHERS

Christmas feels very far away right now, but really it's only a matter of weeks away – and the High Street shops have already opened their Xmas stores (yikes!).

Thinking of new and exciting gift ideas for Christmas is always difficult. One solution could be giving the **gift of a treatment**.

Everyone loves a good massage or facial, but rarely do people make the time for themselves to book one in. Many feel the need, but feel guilty booking themselves in. This is where you can help them.

Calm and Clear Complementary Therapies offer **Therapy Gift Vouchers** for all of our therapies at all of our clinics. We can organise the perfect **bespoke gift voucher** according to your requirements and budget. We will personalise the actual voucher for the recipient – and even **post it directly to them at no extra charge**.

Payments can be made by cash, cheque or online by Paypal*.

Please contact us at voucher@calmandclear.co.uk or call us for further information.

*Paypal payments have an extra £2.50 admin charge

Calm and Clear online

The Calm and Clear website is:

www.calmandclear.co.uk

You can also join our group on MySpace and Facebook:

www.myspace.com/calmandcleartherapies

www.facebook.com/group.php?gid=7641551652

Contact information:

Tel: 07947 359 838; Email: info@calmandclear.co.uk

Web: 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 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.