

LIFE HOLISTICS E-ZINE

December 2008



HELLO EVERYONE!

Here we are at the end of a challenging year, and with more to come to keep us on our toes! How are you? Feeling the discomfort of Winter? Are the dark days and nights beginning to affect your energy? Well, there are things I can do to help bring for you and yours a joyous and peaceful Christmas...

Looking for peace of mind?

Wanting a boost to your health and vitality?

In conjunction with Coaching North West, my "sister" business, I can integrate the successful methods of both by devising a

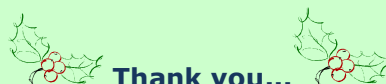
TAILORED, PERSONAL WELL-BEING PLAN JUST FOR YOU

Your plan may combine any of the Treatments and Techniques available, including:

- ✓ nutritional advice
- ✓ hands-on help to nourish, nurture, pamper and free pain
- ✓ motivational tips and clever and easy thought processes that can change your feelings instantly

Feel restored, renewed, and ready for anything with

www.lifeholistics.com and
www.coachingnorthwest.com



Thank you...

To say thank you for a special year to all of my clients, old and new, I am offering you the chance to take advantage of this super-relaxing offer (December only).

30-minute head, neck and shoulder massage for ONLY £15!!!

So go on, what are you waiting for? Send me an email, pick up the phone, it's easy... *all you need to do is remember to mention this newsletter when you book.* So much to gain.

Give it a try, and enjoy the experience.

!!!GIFT VOUCHERS!!!

There are Gift Vouchers on sale to treat that special someone to a wonderful experience. Many of my clients are friends, or members of the same family. It is so lovely to see a growing well-being that they can share and enjoy together.



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