

What's on at Primrose Cottage Retreat

November / December 2011



Why not consider a Herbal Alternative?

Many of you are familiar with Shobana who worked with me to run Detox retreats throughout last year. I'm very pleased to let you know she is now offering consultations at Primrose Cottage. Her next session is **Wednesday 9th November – other dates also available**

Herbal medicine can help with such diverse conditions as digestive disorders, hormone balance, stress, blood sugar balance, detoxification, anxiety, nerves, circulation, bones and joints.

Shobana will work with you to help you to identify the root cause of your symptoms and she will recommend herbal and natural treatments to help your body return to health.

Only £20 for 45 minute consultation.



How are you Celebrating 11-11-11? Join our events with Kim Litchfield Metaphysical healer and teacher

Treatments to
re-align your energies,
your focus & direction
to enable you to
express your fullest
potential.

10.30 – 11.30 am **Meditation & Celebration** £5

2pm – 6pm **Individual Treatment Options** £20

7 – 8.30pm **Group Gathering, Healing & Meditation** £10

The Metamorphic Technique is a brilliantly simple technique which involves a light touch to the spinal reflex (along the instep) of the feet, hands and head. It is simple, relaxing and profound, offering a 'quick 'fix' for stress and an amazing long term catalyst for personal growth.

Recalibrate to the New Paradigm energies – using a simple healing technique Kim will enable you to ground these energies and recalibrate your system & will teach you how to use this yourself.

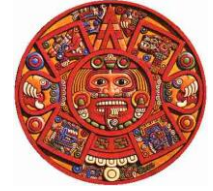
'Your Passport to the New World!'

Saturday 12 November 2011

10.30 – 5pm

£60

A one day workshop aimed at de-coding your 'cosmic origins' through the Mayan Calendar with Jacky Blakeway and Jayne Laverick



The 13 moon Mayan calendar is the legacy left by our indigenous ancestors – this workshop marks a 'celebratory' turning point and offers you an opportunity to embrace this amazing tool for personal and planetary empowerment!



Precision Reiki

Monthly Development Group 10-12 £15
Sunday 13 November Sunday 11 December

Come & experience Precision Reiki & see the benefits of using this healing system alongside your Reiki practice. Also open to those not yet attuned to Reiki.
Regular 1 day Precision Reiki training days available to suit you.



Balancing Your Hormones Through Natural Nutrition

Tuesday 15 November 6.30 – 8pm £15

A series of fun & interactive evening talks with delicious food & drink samples to help your health, wellbeing, energy & vitality

with Karen Elizabeth, Naturopathic, Nutritional Therapist

Hormones are the body's chemical messengers circulating in the bloodstream, they ebb the flow with the body's changing needs and have a profound effect on our emotional and physical wellbeing.

Hormones need raw material from good nutrition. A lot can go wrong with hormonal balance and statistics show that it is going wrong big time!! Symptoms of PMS are thought to affect 74% of the UK population with women citing breast tenderness, mood swings, fatigue, bloating, depression and headaches as the main symptoms.

Why not come and join us and learn how simple changes in nutrition can help alleviate the symptoms of PMS and Menopause. Sample hormone balancing foods and drinks.

Individual Nutritional Consultations available prior to the talk
at 4.30 or 5.30pm £30 for 45 minutes.



Help with Christmas Gifts

Essential Health Gift Vouchers are available

Your Choice of Treatments in the Peaceful Garden Retreat
Reflexology, Aromatherapy Massage, Reiki Massage, Reiki Facial Massage,
Hopi Ear Candles, Precision Reiki, Energy Alignment, Iridology

1 1/2 hour treatment session – £45

Half Day Retreats

Morning 9.30 – 12.30 or Afternoon 14.00 – 17.00

Includes 2 treatments, refreshments and time to relax £65

Full Day Retreats – 10 – 4.00

Includes 2 Treatments (selection above)

Flower Remedy Selection or Inspirational Card Reading or Vortex Cards

Therapeutic Footspa

Relaxing Meditation or Walk in nearby woods or by lakes

Nutritious Lunch & Refreshments

£85 for an individual or £75 per person for two

Longer Retreats and Overnight Stays also Available

Other Options which can be tailored to your requirements include:

Learn Precision Reiki to Align Your Life

Create a Vision Board to Manifest Your Dream Life

Relationships – Attracting Your Ideal Partner

Attracting Prosperity and Abundance into your Life

Contact Sally Rosemary at Essential Health

www.essentialhealth.co.uk sally@essentialhealth.co.uk 07711 649175