

THERAPY SCHEDULE



	SERVICE	SPECIALIST	CONTACT
MONDAY	Reflexology	Philippa Hodgson	07936 535015
TUESDAY	Lymphatic Massage	Nicola Kenworth	07775 772477 nicola@iamminetherapies.co.uk
	Oxon Foot Care*	Keith Jones	07802 784444
WEDNESDAY	Private GP Services	Henley Private Health	01491 843232 henleyprivatehealth@gmail.com
	Acupuncture	Rebecca Hodson at Henley Private Health	01491 843232 henleyprivatehealth@gmail.com
	Anti-Ageing treatments	Henley Private Health	01491 843232 henleyprivatehealth@gmail.com
THURSDAY	Beauty Revived	Donna Thomson	07956 256189
FRIDAY	Active VIII Physio Therapy	Sarah Roberts	01491 577129
	Hydrotherapy	Sarah Roberts	01491 577129
	Thai Massage	Mariela Webs	01491 577129

Therapies may be booked and cancelled directly with the Therapists.

For more information about the therapies and treatments available, please visit members.phylliscourt.co.uk

THERAPY SERVICES

ACTIVE VIII PHYSIO THERAPY

Physiotherapist Sarah Roberts from Active VIII offers a variety of services including manual and manipulative physiotherapy, elite sports physiotherapy, sports massage, intensive post injury and post-operative rehabilitation. Active VIII also administer injections to reduce inflammation and pain, provide biomechanical assessment and prescription of custom made orthotics and insoles. Other services such as instrument and hand assisted myofascial release, isokinetic testing, electrotherapy, ergonomic and posture advice, and hydrotherapy are also available.

Booking: 01491 577129

BEAUTY REVIVED

Beauty Therapist, Donna Thomson, offers a combination of massage and beauty treatments using a winning combination of natural, organic and pure essential oil products on the face and body to revive, refresh and rejuvenate.

Booking: 07956 256189

HYDROTHERAPY

Hydrotherapy takes place in the swimming pool and is used to treat different conditions, including arthritis and related rheumatic complaints. It is generally focused on relaxing with slow, controlled movements and it can be tailored to your range of movement and strength.

Booking: 01491 577129

LYMPHATIC MASSAGE

Nicola Kenworthy of I Am Mine Therapies will provide Lymphatic Massage and Lymphatic Detox Facials. The treatments stimulate the lymphatic system to work more efficiently, through light, rhythmical movements of the skin. It is a vital part of the immune system and removes toxins from the body. Lymphatic massage is deeply relaxing.

**Booking: 07775 772477 or
nicola@iamminetherapies.co.uk**

REFLEXOLOGY

Reflexology is a gentle non-intrusive therapy which helps the body to calm, balance and restore.

Gentle pressure is applied to reflex areas on the feet to bring about a deep state of relaxation and stimulate the body's own healing processes and immune system.

Reflexology has been found to be particularly helpful in treating symptoms of stress, anxiety and insomnia and reducing headaches, bowel issues, aches and pains.

Booking: 07936 535012

OXON FOOT CARE

Oxon Foot Care - Foot Health Practitioner Keith Jones MCFHP MAFHP will be available on a monthly basis to provide routine treatments to maintain and improve foot health.

Booking: 07802 784444

THAI MASSAGE

Traditional Thai massage is a combination of acupressure, reflexology and yogic exercises, or gentle stretching, which are said to manipulate the energy lines to diminish tension, stimulate metabolism and to create a feeling of wellbeing.

Booking: 01491 577129

PRIVATE GP CONSULTATIONS, ACUPUNCTURE AND ANTI-AGEING TREATMENTS

Henley Private Health will be looking after your well-being every Wednesday. A Doctor will be at Phyllis Court offering wellness and health checks. Any concern can be discussed or choose from a number of blood tests or screening examinations.

Alternatively, book a treatment with our Acupuncturist who holds a Bachelor of Science degree in Acupuncture. She also offers cupping, moxa and guasha. Appointments to discuss skin care needs, anti-ageing treatments and minor surgery for lumps, skin lesions and tag removal are also available.

**Booking: 01491 843232 or
henleyprivatehealth@gmail.com**

*Please note this timetable may be subject to change • *First Tuesday of the month*