

### **BENEFITS OF MASSAGE**

- Reduces stress—approximately 75% of diseases nowadays are caused by stress and stress related problems.
- Helps to relieve depression, insomnia, mental and physical fatigue, helping concentration. Reduces headaches and high blood pressure.
- Improves general aches and pains, by relieving tight congested muscles, improves joint mobility, disperses toxins in the body and waste removal.
- Relaxes all the systems of the body, boosts the immune system, stimulates circulation and lymph drainage.

### **MLD**

Manual Lymphatic Drainage (MLD) is gentle rhythmic pumping techniques which is intended to encourage the natural drainage of the lymph. It stimulates the lymphatic vessels, which carry substances vital to the defence of the body whilst removing waste products & boosting the immune system to help the body ward off illness.

#### **What can MLD help with:**

- Pre/post operative cases & cosmetic surgery. In particular where lymph nodes have been removed & the lymphatic system is impaired in some way.
- Regular sufferers from common illnesses like colds & flu. Migraines, headaches, sinus problems, hay fever & other allergies.
- Glandular Fever (Chronic Fatigue Syndrome)
- To reduce puffiness & swelling, i.e Oedema/water retention in areas such as legs, ankles in pregnancy, long haul flights or poor circulation.
- Can help with pain from fractures, sprains, wounds, burns, rheumatism, fibromyalgia etc.
- Acne, rosacea, eczema & scarring from surgery.
- Digestive problems & those suffering from excess weight & of low energy or sedentary lifestyles.

**1st session-£43**

**Further treatments-£38.**

To book an appointment or for more information please contact Helen on 01454 414545 or 07776 321849  
e-mail: [ingoodhands.wellbeing.com](mailto:ingoodhands.wellbeing.com)  
[www.ingoodhands-wellbeing.co.uk](http://www.ingoodhands-wellbeing.co.uk)

I am a qualified, professional therapist/bodyworker with over 12 years experience. I am based in Thornbury and I am mobile. I also work at a Chiro/Physio clinic and therapy centres.

Prior to your treatment there will be a consultation to discuss the best treatment for you. I tailor every treatment to the individual concentrating on areas that need the most work on and working with you to achieve the best results.

Treatments can be adapted, or a combination of therapies used, to really help maximise health benefits both physically and psychologically.

I can treat people with general aches and pains from office workers to manual workers, sporty people, the elderly and the young. Some people may need help with particular ailments and healing with therapeutic therapies would be very beneficial, and for those who just need some de-stressing and relaxation. I am here to help you and look after your health & wellbeing.

I also do corporate work and I am able to do on-site seated massage in your place of work and for events, training and health & wellbeing days.

***Consultant for Neal's Yard Remedies – if you would like to order any products please get in touch.***

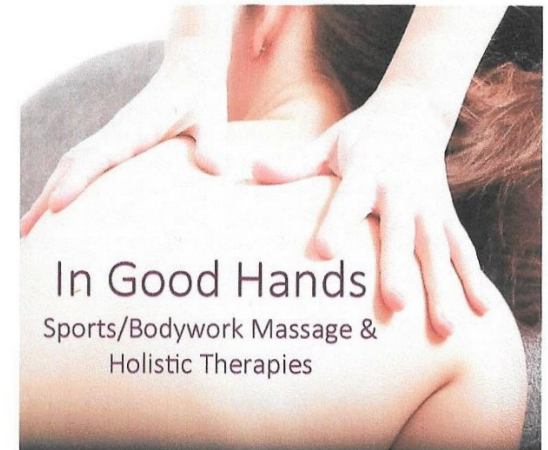
#### **PAMPER & HEN PARTIES**

**I will come to venue and can organise more therapists to attend for larger groups.**

#### **GIFT VOUCHERS AVAILABLE**



Please 'Like' me on FaceBook for any offers, new treatments etc. In Good Hands (Thornbury).



**In Good Hands**  
Sports/Bodywork Massage &  
Holistic Therapies

*HEALTH & WELL-BEING THERAPIES*  
*A full range of massage and complementary treatments to get you back on track and keep you going.*

**Helen Edwards**  
**Qualified therapist dip.Itec.FHT**

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