



Sally Coates

International Institute of Sports Therapy
European college of Bowen Studies
Academy of On Site Massage
Fully insured Member of the Federation of Holistic Therapists

The Bowen Technique: A gentle hands-on therapy, promoting healing and pain relief with the recovery of energy and general balancing through the body. The treatment is through clothes and takes 45mins to an hour. Three treatments at weekly intervals are sufficient to achieve long lasting results.

Personal Benefits: Is able to work with, neck and back pain, knee problems, respiratory conditions, hay fever, migraines, fatigue, stress related conditions such as IBS

Sports Massage: A form of healing stimulating the blood circulation and lymphatic system eliminating toxins.

Personal Benefits: Relieves muscular complaints or general fatigued muscles through sport or work related conditions. Massage provides the chance to relax the chance to be stretched

**Contact Sally at the Acupuncture and Chiropractic clinic 199 Bath Road
Cheltenham Glos GL53 7LZ
Tel 01242241933**