

beauty therapy

Serenity Therapies

☎01892 535252

Skincare Centre

☎01892 664234

Sonja Schilling

☎01892 526667

The Comfort Zone

☎01892 519195

The Gallery

☎01892 514900

Vino Beauty

☎01892 891759

bowen therapy

European College of Bowen Studies

☎01892 543588

Melanie O'Brien

Therapies & Training

☎01892 518670

Patrizia Sergeant

☎077790 82468

Patty Young

☎01892 543656

Serenity Therapies

☎01892 535252

chiroprapist & podiatrist

D J Woodley

☎01892 523939

Euclid Jones

☎01892 516031

Heather Nield

☎01892 532513

Helen Mitcham

☎01892 529672

Linda Stormer

☎01892 527358

Nina Stabeler

☎01892 513820

Patricia Lowing

☎01892 752008

Richard Boxall Ass.

☎01892 525409

Sole Solution

☎01892 533210

Valerie Redman

☎01892 526756

complementary therapies

Abundant Health

☎01580 200691

Bioflow

☎01732 507320

Energy For Health

☎07905 917411

Geoffrey Beitz

☎01892 543046

Helen Horne

☎01732 770263

Melanie O'Brien BA (hons)
ITEC ISPA CBRP IFR GCP THAT OCR
LEVEL 2 MIPTI FE & ITEC TUTOR

Hot Stone Massage, Manual Lymphatic
Drainage, Thermo-Auricular Therapy, The
Bowen Technique, Indian Head Massage,
Chiroprassage Deep Tissue Massage,
Clinical Aromatherapy, Pilates

www.melanieobrien.co.uk

Please telephone **01892 518 670**
Treatments are available at
1 Cumberland Walk, T. Wells

Patty Young

☎01892 543656

Quantum Health Solutions

☎01892 615998

Rowana Rowan

☎07946 404759

Shiatsu Practitioner

☎01892 547148

Stephens Road Clinic

☎01892 544343

The Wellspring Clinic

☎01892 676214

fitness classes

Aerodance

☎0845 4308383

Catherine Bellingier School of Dance

Celebrating 10 years in Tunbridge Wells

Catherine Bellingier, FIDTA, AISTD

Ballet, Tap, Modern Jazz, Jazz Disco
Adults and Children from 2.5 years

Classes at Rose Hill School, Langton
Green School, St Peter's Church Bayhall
Road, Christ Church High Street T Wells

Contact: **01892 542549**
07946 854127

Footsteps Academy of

Dance ☎07771 985711

Just Dance

☎01892 534676

Kickz Danceworks

☎01580 881464

Life Force Yoga

☎01892 532830

Louise Renton

☎01892 863075

McAllister-Brown Dance

School ☎01892 516074

Medway School of

Dance ☎01732 358355

Riposte

☎01892 547857

Royal Day Spa

☎01892 616191

Sandrines Pilates Centre

☎01892 618493

Slimtone ☎01892 537776

Susanna Cox School of

Dancing ☎01892 653336

Wudang Tai Chi Chaun

Qigong ☎01892 523417

hairdressers

Carlos Fernandez

☎01892 519472

Garbo's Hair and Beauty

☎01892 534344

Hair Gallery

☎01892 618388

Scott & Co Hair & Beauty

☎01892 536464

The Chapel

☎01892 549922

The Gallery

☎01892 514900

health club

Kalmora Spa

☎01580 212953

Knowle Grange Health

Spa ☎01892 750761

Ramada Jarvis Hotel

☎01892 820444

Royal Day Spa

☎01892 616191

homeopathy

Anitra Harris

☎01892 740580

Gunilla Gerber

☎01342 316116

Holly Hill Clinic

☎01892 549739

Phillip Cardon

☎01892 527578

Sarah Saunders

☎01892 750756

Ulrike Holzer

☎01892 522015

massage therapy

Alison Field

☎01892 615108

Baby Massage Tuition

Is a natural response to babies need for touch. Helps develop parent confidence in handling babies.

Helps to calm restless children.
Eases colic and constipation.
Definitely promotes rest full sleep.
Stimulates immune system.

Classes are ongoing in Ticehurst or
host a 6 wk Course and get free tuition.
Vicky Salter Dip ITEC MCIA/Tutor
01580 200691

Magnus the Masseur

☎01580 201718

Sandy Thompson

☎01892 519684

Sports Massage

☎01892 535858

The Relaxation Centre

☎01892 548688

Therapeutic Massage

☎01892 680451

Wendy Jennings

☎01892 535388

osteopathy

Atman Clinic

☎01892 544783

Christine Huggett

☎01892 514112

Groombridge Osteopathy

☎01892 864000

Katharine Cooper

☎0800 902 0452

Krysia Ritchie

☎01892 824516

Matthew Stanford Sports

Injury Clinic

☎01892 526875

Maurice & Margaret Hills

DO ☎01892 529730

Rusthall Osteopathic

Clinic ☎01892 523202

T & J Coysten Osteopaths

☎01892 618999

The Hawthorn Clinic

☎01892 543033

Tunbridge Wells

Osteopathic Practice

01892 535858

outdoor activity

Arena Pursuits Ltd

☎01580 879614

Bowl Valley Sailing Club

☎01892 890930

T. Wells Football Club

☎01892 520517

T. Wells Harriers

☎01892 541480

T. Wells Hockey Club

☎01892 520846

T. Wells Lawn Tennis

☎01892 525625

personal training

Anna Daniels Fitness

☎01892 775730

Bodylogic Personal

Fitness ☎01892 611377

intraining

☎01892 541621

Jake Gowan

☎07944 525166

Physique Personal

Training

☎01892 750015

Theresa Cassidy

☎01892 510303

physiotherapy

Bidborough

Physiotherapy Clinic

☎01892 614539

Christopher Lee

☎01892 825191

Claire Hosegood

☎01892 863082