

**beauty therapy****Lodgefield Healthy & Beauty**

☎01892 740999

**Mary Kay**

☎01892 530661

**Med-Spa**

☎01892 535577

**Royal Day Spa**

☎01892 616191

**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

**Bach Flower Therapist**

Berenice Meier

Tunbridge Wells

☎01892 525348

berenicemeier@aol.com

Rescue remedy contains 5 flower remedies out of a possible 38.

Have a consultation to identify how individual essences bring emotional and physical healing.

**Bioflow**

☎01732 507320

**Energy For Health**

☎07905 917411

**Geoffrey Beitz**

☎01892 543046

**Liongate Clinic**

Sara Smart

☎01892 543535

8 Chilston Road

Tunbridge Wells

www.liongateclinic.com

Complementary treatments for cancer, cardiovascular and gastrointestinal conditions. Registered with the Healthcare Commission and the Association &amp; Register of Colon Hydrotherapists.



Whitehill Road,  
Crowborough  
01892 610022  
is having a  
**Mini Treatment Day**  
on Saturday 24th February  
12 to 4pm  
Free Vouchers on the Day for  
Future Treatments,  
To Book your place phone  
01892 610022 www.thenhc.net

**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

**Footsteps Academy of**

Dance ☎07771 985711

**Catherine Bellinger School of Dance**

Celebrating 10 years in Tunbridge Wells

**Catherine Bellinger, FIDTA, AISTD**Ballet, Tap, Modern Jazz, Jazz Disco  
Adults and Children from 2.5 yearsClasses at Rose Hill School, Langton  
Green School, St Peter's Church Bayhall  
Road, Christ Church High Street T Wells**01892 542549 / 07946 854127**

catherinebellingerschoolofdance.co.uk

**Just Dance**

☎01892 534676



Personal Training, Gym, Yoga,  
Reiki, Sauna, Spa  
Natural Spring Water Pool  
Wadhurst Road, Frant  
www.knowlegrange.co.uk  
**01892 750761**

**Kickz Danceworks**

☎01580 881464

**Life Force Yoga**

☎01892 532830

**Louise Renton**

☎01892 863075

**Mark Freeth**

☎01825 712639

**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

**Susanna Cox School of**

Dancing ☎01892 653336

**Tree of Life**

☎0781 375 3077

**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 MCiRATutor  
**01580 200691**

**Magnus the Masseur**

☎01580 201718

**Sandy Thompson**

☎01892 519684

**Sports Massage**

☎01892 535858

**Sports and Remedial Massage Practitioner**

Clare Robinson

MIGPP MCThA MSFInsA

Massage and Manipulation

Injury Management and

Rehabilitation

Tunbridge Wells Osteopaths

5 Upper Grosvenor Road

Tel: 01892 535858

Mob: 07980321310

**The Relaxation Centre**

☎01892 548688

**Therapeutic Massage**

☎01892 680451

**Wendy Jennings**

☎01892 535388