



Classified - Food

butchers

Southborough Butchers
01892 529757
The Sausage Shop
01892 545644
David Lovett Butchers
01892 862057
Major KJ Butchers
01892 529987

dentist

Centre of Aesthetics & Periodontics & Implantology
0845 601 3680

diet & weight control



The scientific approach to weight and wellness

An individual programme based on a medical analysis of **your body**.

01892 528444

www.sureslimuk.com

TLC Wellbeing
01892 826196

healthfood

Organic Health Shop
01892 538155

home cooked

Le Plat du Jour
01892 520270

nutritional therapist

Critical Wellness
01892 512842
Fleur Brown
01892 616621
KW Nutrition
07707 073261
Moyra Cosgrove
07779 352094
New Horizons Coaching
07707 468139
Nutrition-Works
0870 077 7546

Slim Seekers
01892 535300
The Marilyn Glenville Clinic 0870 532 9244

organic food

Simply Wild
08456 586140
Rare and Organic
01892 511848
Riverford Home Delivery
0845 6002311

restaurants

Firebellys
01892 615999
Hotel Du Vin
01892 526455
Right On The Green
01892 513161
Seasons of Italy
01892 542911
Signor Franco Restaurant
01892 549199
Thackerays Restaurant
01892 511921
The Beacon
01892 524252
The George & Dragon
01892 863125
The Spa Hotel
01892 520331
Wood's
01892 614411

supplements

Envida
020 7993 4661
Healthy Connections
01892 683439
Innutrition
01892 541621
Nutri-Info
01342 326335
Tahitian Noni
01892 530784

In Nutrition

Supplements For
Sports Performance
Weight Control
General Wellbeing
Nutritional Advice
Tel: 01892 541621
info@innutrition.org.uk
www.innutrion.org.uk



allergy testing

Atman Clinic
01892 544783
The Body Talk System
01892 853094

acupuncture

Acuhelp
01892 531967
Chinese Herbal & Acupuncture
01892 544411
Dr & Herbs Chinese Remedies
01892 526488
Dr Adam Ward
01892 525799
Epecially Health
01959 522337
Fran Murphy
01892 549714

Fran Murphy
Acupuncturist
Tel: 01892 549714
TWAcup@aol.com

Member of the British Acupuncture Council

Jane Lindeyer
01892 519689
Japanese Acupuncture
01892 548879
Kirsten Diesler
07748 535241
Rachel Maguire
01892 534308

FIVE ELEMENT
Acupuncture
Member of The British Acupuncture Council
HOLISTIC HEALTH CENTRE
Tunbridge Wells
Phone **Kirsten Diesler**
07748 535241
acupuncturetunbridgewells.co.uk

alexander technique

Charlotte Rolleston Smith
01892 783707

aromatherapy

Eden
01892 542122
Sandra Beale
01892 535388
Gabrielle Symonds
01892 662720
Sheryl Nash
01892 535388

bach flowers

Bach Flower Therapist
Berenice Meier
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.

Berenice Meier
01892 525348
Crowborough Chiropractic Centre
01892 733590
Holistic Health Centre
01892 535388
Lesley Jepps
01892 654138

beauty therapy

Allure Mobile Beauty Therapist
01892 615654
Amanda McMonagle
01892 533313
American Modern Nail
01892 548640
Andrew Morley Hair & Beauty
01892 532513
Beaute
01892 536600
Beautifula Nail & Beauty
01892 535388
Beauty Bliss
07716 043575
Beauty Therapist
01892 836242
Blush
01892 531500