

Wellbeing Directory visit [www.wellbeingmagazine.com](http://www.wellbeingmagazine.com)

insurance for therapists

**Professional Insurance for Complimentary Therapists**  
 Package cover including Malpractice & professional Liability, Public Liability, product Liability, Libel and slander and / or breach of confidentiality, Loss of documents & defense costs.  
 Cover up to £1M from £116.99 per year or £10.72 per month  
 Quote & buy on line  
[www.asisultd.co.uk/health](http://www.asisultd.co.uk/health)  
 or call 0870 991 3777  
**AFFINITY SELECT**  
 INSURANCE SERVICES LTD  
Affinity Select Insurance Services Limited, Unit 2 The East House, Crauch's Farm, East Hootley BN9 5QX. Adversely and regulated by the Financial Services Authority number 305546.

life coach

**Parent & Family Coaching**  
 Make Difficult Times Easier  
 Achieve Rewarding Family Dynamics  
 Book your free initial session now  
[www.abcoaching.org.uk](http://www.abcoaching.org.uk)  
 07866 590721

lifestyle services

**healthmatters**  
**Memory Foam Mattresses**  
 30 day risk free trial  
 Call 01892 541407

massage therapy

**Magnus The Masseur**  
 "One Massage many Possibilities"  
 Honour House  
 5a Lime Hill Road  
 Tunbridge Wells  
 01892 670493  
[www.magnusthemasseur.co.uk](http://www.magnusthemasseur.co.uk)

**Robin Harnsworth**  
 Remedial / Relaxing Massage  
 Aromatherapy Massage  
 Spiritual Healing  
 Sound Therapy  
 07843 487870  
[soundhealing@hotmail.co.uk](mailto:soundhealing@hotmail.co.uk)  
[www.the-sound-healer.co.uk](http://www.the-sound-healer.co.uk)

**Sports and Remedial Massage Practitioner**  
 Clare Robinson  
 MGPMP MCThA MSFInsA  
 Massage and Manipulation  
 Injury Management and Rehabilitation  
 Tunbridge Wells Osteopaths  
 5 Upper Grosvenor Road  
 Tel: 01892 535858  
 Mob: 07980321310

music lessons

**Classical Guitar Lessons**  
 Take those first steps to learning an instrument.  
 There is no other hobby which is more rewarding or relaxing.  
 Call Andy on  
 01892 860547 / 07809 112203

nutritional therapist

**KW Nutrition**  
 Kelly Walker DiplON MBANT  
 NUTRITIONAL THERAPIST  
 Good health begins with good food.  
 Nutritional therapy supports optimal health and may help relieve chronic signs and symptoms.  
 Call 07707 073 261  
[www.kwnutrition.net](http://www.kwnutrition.net)  
[kelly@kwnutrition.net](mailto:kelly@kwnutrition.net)

**Nutritional Therapy from Nutriology**  
 Realistic, practical advice & guidance - helping you to make the right choices for your health  
 Contact **Lisa Smith** DipON MBANT  
 Tel: 01892 891379 Mobile: 07968 919957  
[lisa@nutriology.co.uk](mailto:lisa@nutriology.co.uk)  
[www.nutriology.co.uk](http://www.nutriology.co.uk)

osteopathy

**ActiveLife OSTEOPATHY**  
  
 MATT STANFORD BSc(Hons) Ost  
 GOSC Registered Osteopath  
 4 Blarer Park, Tunbridge Wells  
 Effective treatment for back, neck and joint pain, arthritis, pain, disc problems, sciatica & sports injuries  
 Flexible appointments & home visits available, free consultation  
**01892 526875**  
[osteopath.tunbridge.wells.co.uk](http://osteopath.tunbridge.wells.co.uk)

**Structural & Cranial Osteopaths**  
 Geoffrey Montague-Smith B.Sc. & Associates  
 Safe, gentle and effective treatment for adults, babies & children.  
 • ACUTE & CHRONIC PAIN  
 • BIRTH PREP • SPORTS INJURIES

**In Touch With Health OSTEOPATHIC PRACTICE**  
  
 Claire Piper D.O., D.P.O.  
 France Amann BSc(Hons) Ost  
 Osteopathic Healthcare for Adults, Children and Babies  
 Hamblis Herbal Dispensary, Wadhurst  
 The Brook Health Centre, Crowborough  
 Appointments 01892 783027  
 Enquiries 07891 043497


outdoor activities

**TEAM BUILDING ON THE ROCKS...**  
  
 For anyone interested in team building or individual rock climbing courses, they should contact:  
 Sarah Cullen on 01892 866670  
[sarah@rockclimbingclasses.co.uk](mailto:sarah@rockclimbingclasses.co.uk)  
[www.rockclimbingclasses.co.uk](http://www.rockclimbingclasses.co.uk)  
**NUTS 4 CLIMBING**

**Nutritional Therapy from Nutriology**  
 Realistic, practical advice & guidance - helping you to make the right choices for your health  
 Contact **Lisa Smith** DipON MBANT  
 Tel: 01892 891379 Mobile: 07968 919957  
[lisa@nutriology.co.uk](mailto:lisa@nutriology.co.uk)  
[www.nutriology.co.uk](http://www.nutriology.co.uk)

personal development

**Coach and Mentor**  
 True Color® Workshop  
 Prism Behavioural Profiling  
**01892 521871**  
[www.nvwsolutions.co.uk](http://www.nvwsolutions.co.uk)

**THE SIMON JORDAN FOUNDATION**  
  
**ARE YOU SICK AND TIRED?**  
 Would you like a healthier, more energised life?  
 Would you like to lose weight, feel great everyday or simply become more focused and clear headed?  
 For a **FREE** health guide visit  
[www.simonjordan.com](http://www.simonjordan.com)  
 or call 0800 0833 582

personal Training

**AJB FITNESS**  
 Fully Qualified Personal Trainer  
**YOUR GOAL IS MY GOAL!**  
 No matter what your fitness or weight loss goals are for the next year my experience can make your dreams reality!  
 Phone early for special Christmas Offers!  
 Phone Andy: 01892 860547  
 Mob: 07809 112203

**CompleteFitness4Life**  
 PERSONAL TRAINERS

**Rob Bowman**  
 Personal Trainer  
 Sports Massage  
 Nutritional Advisor  
**07720 517424**  
[www.CompleteFitness4Life.co.uk](http://www.CompleteFitness4Life.co.uk)