

Wellbeing Directory visit www.wellbeingmagazine.com

Psychotherapy

"The Courage to Change"
Psychotherapy
 Tessa Webber MBACP
 01590 850398
www.tessawebber.co.uk

Are you ...
 OVERWHELMED, FEARFUL,
 HOPELESS, IN CRISIS,
 DEPRESSED, ANXIOUS?...
 You can transform your life.
MALCOLM KENNEDY
 BA(Psychology) Post Grad. Dip. in
Counselling and Psychotherapy.
 (BACP member)
 No charge for initial consultation.
Tel. 01892 538557
malcolmkennedycounselling.co.uk

reflexology

fusion
 HOLISTIC THERAPIES
 Fusion Holistic Therapies
 offers a range of treatments
 that aim to achieve relaxation,
 balance and healing.
 Contact Julie on
 07817 707711 to find out
 how we can help you

Nina Clarke MAR
Reflexologist
 Lush Hair & Beauty
 24 Mount Ephraim Road
 Tunbridge Wells TN1 1ED
p: 01892 670 300
m: 0776 785 8003

reflexology works
 Take a positive step today
 General practice
 Fertility/maternity
 Children's reflexology
 Vicky Vyner MBRA:
01892 524237
 Nr The Pantiles, Tunbridge Wells

skincare

Organic Skincare
 SKIN BODY HAIR COSMETIC
 Call 01892 514862
www.go-organics.info

yoga

Tree of Life
Yoga & Massage
 ● Yoga Classes for all levels
 ● Thai Yoga Massage
 ● Ayurvedic Oil Massage
 ● Workshops, Yoga Holidays
 For Further information call us on:
 01892 520270 or 0761 375 3077
 or visit www.nicholasbarrett.co.uk
 Tree of Life is in Tunbridge Wells



Pick up your copy of Wellbeing Magazine from the following places or have it delivered to your home or business for £15.00 and get a FREE LifePass™

Tunbridge Wells

- Adult Education Centre
- Axa PPP for Staff
- Beauté
- Corn Exchange
- Fleur Brown, Monson Road
- G&B Butler, Pantiles
- Helios
- Holistic Health Centre
- Library Tunbridge Wells
- Library Southborough
- Lush Hair and Beauty
- Med Spa
- Organic Health Shop
- Pantile Book Shop
- Royal Day Spa
- Railway Station Cafe
- Sandrines Pilates
- The Spa Hotel, Health Spa
- Trinity Theatre
- Woods Wine Bar

Wadhurst

- Hambleys
- Knowle Grange Health Spa
- Your Hands Can Heal Reiki
- Railway Station Cafe
- The Old Bakery
- Uplands Community Centre
- Wealden Wholefoods

Crowborough

- Beacon Medical Centre
- Freedom Leisure Centre
- Isenhurst Health Club
- Natural Health Centre
- Plant Therapy
- Groombridge**
- Burrswood
- Cherry Gardens Organic Farm
- Village Hall

New areas to be developed over the next few months

- Sevenoaks**
- Especially Health
- South Park Medical Centre
- Total Orthodontics

Tonbridge

- Adult Education Centre
- Angel Centre
- Hilden Golf Centre
- Nizels
- The Walled Garden
- Tonbridge Swimming Pool
- If you wish to have copies of the magazine for your clients please call 01892 541621

Lifepass™ Membership

Get your FREE Lifepass™ worth £29.99 when you subscribe to Wellbeing Magazine for only £15.00 a year. www.wellbeingmagazine.com/subscribe

Get discounts from our national network and keep up to date with offers and discounts from local therapists such as:-

10% off **Setsukido**, Reiki and Tarot Readings with Diana Savil at Dazl

25% off your second **African Massage** with Magnus Agutu

Introductory offer £30 for one hour Treatment with Your Hands Can Heal School of **Reiki**

£50 off a **Buteyko** course with Michael Lingard.

Book 2 Five Element **Acupuncture** Treatments and get your third session free with Kirsten Diesler.

Three **sports massage** treatments for the price of two with Clare Robinson.

Free 1 to 1 **Pilates** session followed by a booking of 4 sessions with Helen Davies

10% off first **Coaching** session with Simon Jordan and receive a copy of The Foundation's personal Empowerment pack.

Plus many more offers and discounts, visit www.wellbeingnetwork.co.uk
www.wellbeingmagazine.com/subscribe