

**Stressed? Want to take Control of Your Life?
Need a New Start?
Want Greater Self Confidence?**

Come along to a workshop and meet new people in
a safe and friendly environment

Aroma HealthCare workshops / courses in:

	Sep	Oct	Nov	Dec
Learn to Heal Your Life ~ Louise Hay	29 th	-	-	-
Aromatherapy Massage	-	-	-	-
Assertiveness and Confidence Building	-	-	-	-
Indian Head Massage	-	-	-	-

All workshops cost £40 per person and are run from:
Methodist Church Hall, Gt Melton Road, Hethersett.



www.aromahealthcare.net

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Contact Miriam or visit my site for further details

Aroma HealthCare also provides a wide range of Holistic therapies including:

- Life Coaching
- Reiki
- Aromatherapy massage
- Shiatsu back rub
- Indian Head Massage
- Ear Candling
- Nutrition Therapy
 - providing advice on healthier eating and supplements

Detox programmes ~ liver, kidney, parasite, bowel cleanses, using natural ingredients to cleanse from the inside.

Food intolerance testing

Skin care products~ using 100% natural ingredients only

Beauty treatments~ natural clay mask facials, waxing, tinting, manicures, pedicures

I also offer Courses in:

- Nutrition
- Create the Life You Want'

Miriam is available as a guest speaker in the field of Self Development.

To book please call: 01603 811486

