

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

Come along to one of our workshops and meet new people in a safe and friendly environment

Aroma HealthCare workshops / courses in:

	April	May	June
Learn to Heal Your Life ~ Louise Hay	30 th	21 st	18 th
Aromatherapy Massage	23 rd	14 th	11 th
Assertiveness and Confidence Building	24 th	28 th	25 th
Indian Head Massage	16 th	7 th	4 th

All workshops cost £40 per person and are run from our new treatment room in Hethersett.

Discounts for students and senior citizens.



www.aromahealthcare.net

miriam@aromahealthcare.net

01603 811486

07881 945114

Contact Miriam or visit my site for further details

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

- 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

Forthcoming 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