

Christmas 2018 Newsletter



Therapeutic
Massage Clinic



Thanks to everyone who came along to the Open Day celebrating the 18th Anniversary of the clinic. We raised over £160 for the Nicole Rich Foundation and even had a visit from Nicole herself with mum Gail and big brother Louis. It was lovely to see so many of you there and catch up with friends old and new.

It made me realise how lucky I am to be still working doing what I love every day. I do appreciate not many people can say that!

So thank you for your support as always and I wish you the best of everything for Christmas and 2019.

Gift Vouchers are available for all treatments and make lovely presents to treat someone to a relaxing start to 2019. All vouchers can be wrapped for collection or posting but please order in time. Vouchers can also be emailed for you to print at home at your convenience.

The clinic will be closed from Friday 21st December until Thursday 3rd January. Please make sure you have your appointments booked and have collected any gift vouchers before the 21st December. Any messages left after this will not be picked up until the New Year.





Christmas is a busy season for many of us and a time when we can often lose our usual routines as fitness classes are cancelled for holidays and gyms close for a short time. There is also the added temptation of the lovely food on display wherever you look! This year don't fall prey to temptation for the whole season, enjoy the days you have off work or with family and friends but try not to lose sight of your fitness goals altogether. Don't let the chocolates and parties spoil your good work!



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Rest is such an important part of any training program and for our own well being and mental health taking time out is essential. So make the most of all that's on offer over the holidays but do take care not to lose sight of your health. If you need an added incentive or a kick start in the new year then why not book your sports massage session now?

Relax and enjoy

MERRY CHRISTMAS



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