

**Be Well This Winter Using Natural Therapies**  
**COMBAT STRESS & WINTER BLUES**

**You are invited on Saturday 1<sup>st</sup> December**  
**between 10am and 3pm to find out how natural**  
**therapies can improve your health.**

**FREE introductory sessions in:**  
**Reflexology, Emmett Technique, Reiki,**  
**Crystal Therapy, Indian Head Massage**  
**12 – 1pm free talk: “Hypnosis for Health” by a clinical**  
**hypnotherapist**  
**Gift Vouchers- perfect Christmas presents**

**Come and chat to our therapists to find out how**  
**natural therapies can help with persistent health**  
**problems that refuse to go away.**

*The Clinic offers:*  
*Acupuncture, Allergy Therapy, Chiropractic, Mc Timoney*  
*Chiropractic, Counselling, Crystal Therapy, Gestalt Psychotherapy,*  
*Homoeopathy, Hypnotherapy, Massage, Nutrition for Health,*  
*Reflexology, Reiki, Smoking Cessation.*

**Penarth Natural Health Services**  
**[www.penarhnaturalhealthservices.co.uk](http://www.penarhnaturalhealthservices.co.uk)**

**11 Bradenham Place**  
**Penarth CF64 2AG**  
**TEL: 02920 701370**

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