



Wellbeing Event Activity Menu 2016

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Presenting the Holistic Health Team

Our '20 strong' team delivers a wide range of therapies & workshops to help reduce the effects of our stressful society. Our skilled & experienced practitioners ensure that each session or treatment is designed especially for your individual needs. Whether you choose from our therapy menu or workshop programme, your clients, pupils, service users, conference registrants or staff team will feel the benefits immediately and take away top tips that can be adopted into their daily lives.

The Consultation

All clients will be asked about their health prior to receiving your treatment or attending a workshop. This will inform us about any presenting health issues. We want the experience to be enjoyable and safe.

THERAPY MENU

* Indicates which therapies are most appropriate for onsite delivery as they can be delivered clothed and seated at your premises.

15 minute Refresher- "It does what it says on the tin!"*

Perfect for breaks at conferences and meetings, or even in the bar or lounge, as part of our hospitality package. This dynamic little neck and shoulder massage revives even the weariest bodies! Delivered 'in-situ', through clothing for maximum impact.

Aromatherapy - Harnessing nature's remedies

Herbal oils have been used for centuries to treat illness and promote well-being. Aromatherapy is the art of blending essences of plants, herbs and trees, to encourage the body into a delicious state of relaxation and well-being! Therapists are able to offer part or full body massages using oils, which are blended specifically with your personal health in mind. Aftercare advice on using oils at home is also offered by the therapist.

Acupressure – The Chinese Art of stress relief*

Described as acupuncture without needles, acupressure is part of Traditional Chinese Medicine. It is based on the theory of 'qi' or 'life energy' flowing through channels in the body known as meridians. Thumb and elbow pressure is applied to acupoints to relieve ailments and promote harmony and health. The treatment is delivered on a specially designed chair and is received through clothing.

Holistic Facials – Put the smile back on your face

We store a lot of tension in our face and these muscles rarely get the chance to fully relax and feel revived. This delicious massage incorporates the use of a blend of essential oils created to suit your individual needs. It is fantastic for clearing sinuses, easing headaches and stimulating head energy. This gentle massage will leave you feeling fresh faced and relaxed. See also 'Natural Lift Facial Massage' on page 2

Indian Head Massage – Melts, yet uplifts so effectively – once tried, you'll come back for more!*

A blend of traditional & Eastern massage techniques is applied to the head, neck, shoulders, upper back, face and ears. This uplifting massage leaves you feeling relaxed & peaceful, yet energized. Particular oils may be added to enhance the effect of the massage - this is optional.

Onsite Massage – A convenient and effective upper body treat*

This therapy concentrates on the back, shoulders and neck areas, those often vulnerable to accumulated tension, thus helping to relieve muscular aches and pains. This treatment involves a mixture of massage techniques and pressure point movements to combat stress, boost energy levels and promote feelings of calm and relaxation. The massage can be performed through clothing on a specially designed chair.

Hand & Arm Massage

Those of us that use our hands and arms to a greater extent than others, find they can become painful, tense and stiff. This massage is very useful to relieve pain and strain by loosening muscle tissues. Massaging the hands also helps reduce any pressure in the neck. Hands are full of receptors and react really well to massage. This massage takes place in a chair with your arms on a pillow in front of you. As well as your hands and arms, your mind and body will feel lighter and experience a relief from tension.

Foot Massage

Your feet work hard for you every day. There is no shortage of time spent on one's feet. Just like your neck, back, and shoulders, your feet can also benefit from a regular rubdown. Foot massage improves circulation, stimulates muscles, reduces tension, and often eases pain. Reflexology points can also improve your sense of wellbeing and is very rebalancing. It really doesn't tickle, honest! You will be surprised at how relaxed you will feel from the inside out.

Reiki – The power of positive energy*

A form of Japanese healing, the word Reiki is derived from *rei* (universal) and *ki* (life energy). Practitioners draw on 'reiki energy', channeling it to areas of need in themselves and their clients to rebalance and replenish areas where needed. A reiki session leaves the receiver feeling relaxed and calm. This treatment is delivered fully clothed and from a seated position. This is often a good first choice for massage virgins.

HHT Hands on Therapies: PRICE GUIDE

Up to 3 taster sessions delivered per therapist per hour.

e.g. 3 hours or more:

1 therapist: £42/hour

Prices available on request for: Sessions less than 3 hours / Multiple / Regular therapists (discounts available)

See page 3 for our Workshop Menu

WORKSHOP MENU

1. Stress Buster – Get on top of those stress levels

This workshop is designed to be an informal, yet structured discussion on stress management that will teach you skills to relax your mind and body. You will have the opportunity to discuss and share your views on stress and how it affects you. We will offer top tips to help you combat the effects of stress including: Time management, exercise, gentle stretches, breathing and relaxation techniques. You will end the session with a visualisation exercise that will help to promote feelings of deep relaxation and well-being.

2. Relaxation Workshop – Life will never be the same again

We all become stressed out and wound up with our busy lives at work and at home. This workshop will help you to identify the areas of your life that cause you to be stressed and help you to discover simple and easy ways and techniques to relax – anytime, anyplace, anywhere!

3. Yoga for beginners

This is an introduction to yoga and its benefits on the body. Our aim is to dispel the myth that yoga is for ‘hippies’. Yoga is a form of self-massage and stimulates all systems of the body. This workshop is not about ‘The perfect pose’ but introduces ways to help you strengthen and rebalance your body within your own limits. You will learn asanas (poses) that you can adopt into your daily routine.

4. T'ai Chi & Qi Gong (Pronounced ‘Chee Gong’)

T'ai Chi is a form of martial art and exercise that uses slow and flowing movement to both discipline and calm the mind, body and spirit. T'ai Chi exercises encourage deeper breathing and greater body awareness to calm the mind and relax the body.

Qi Gong is a softer form of T'ai Chi that combines movement, meditation and regulation of breathing to enhance the flow of energy in the body thereby improving circulation and boosting your immune system. The exercises are simple to perform and they are suitable for all levels of fitness. T'ai Chi & Qi Gong may be performed in a chair if preferred.

5. The Power of Positive Thinking – Yes! You can do it

Tutors use a variety of techniques to retrain the mind to deal with life's stresses and strains. These useful tools can help with a wide range of problems and issues ranging from self-confidence, phobias, public speaking and teaching. Strategies help with success in any area of life.

6. An introduction to Thought Field Therapy (TFT)

TFT is a simple meridian balancing technique, which can provide relief from pain, phobias, craving, diseases and emotional issues. Simply stated, it is a unique version of acupuncture except you do not use needles. Instead, you stimulate well-established energy meridian points on your body by tapping them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. This interactive workshop arms you with tools to take away and use immediately and safely.

7. An introduction to Nordic Walking (Outdoor activity)

Nordic Walking is an exciting new outdoor walking technique using specially designed poles. Often described as a full body workout, it is a fun way of toning the back, chest and arms. This dynamic exercise relieves tension in the neck and shoulders. Nordic Walking increases your confidence and improves your sense of wellbeing. The class will introduce you to the benefits of Nordic Walking at an outdoor venue of your choice for classes of up to 15 people. This is an excellent team building activity!

8. Peer Massage The Massage in Schools Programme was introduced to the UK in December 1999 and is now being used in schools throughout the country. Peer Massage is fun for adults too. Working in pairs, you learn how to deliver a simple massage to your partners back, through clothing. You will be amazed at how relaxed you feel in 15 minutes. This skill can be used in the office at any time and can be taken home to benefit all your family.

9. IMPACT Wellbeing Programme

A flexible mindfulness-based programme that helps you gain an understanding of the causes and effects of stress and develop some appropriate coping strategies. Techniques include breathing and stretching exercises, relaxation and guided visualisation, self-massage and peer massage. We can work with you to tailor a programme to suit your particular needs and budget, from a single session through to a full programme of six sessions.

10. Thriving in the Workplace

This workshop addresses the pressures often felt in the modern workplace situation and will use innovative techniques to help delegates develop a more resilient approach to their work/life balance. We address associated issues such as stressful behaviours, insomnia, being unable to switch off, feelings of being under constant pressure, and an inability to cope with workload. We will use powerful techniques such as NLP, deep visioning, havening and TFT (a very powerful self-help technique for short-circuiting stress messages from the brain).

You will learn how to:

- Understand the stress response, and how to begin to manage it
- Compartmentalise work issues
- Deal with sleep issues
- Create a more positive perspective
- Develop resilience in workplace situations to better manage colleague interaction and deal with pressure and deadlines.

HHT WORKSHOP PRICE GUIDE

Up to 30 attendees per class/ Up to 2 classes per hour

£ 100 / hour / 2 hours+ £75/hour

£15/hour if total travel time (return journey) is 1 hour or more

Prices include full coordination including:

- One contact person managing your customer care package
- Guarantee of professionally qualified, experienced, DBS and insured practitioners.
- Health consultations with all recipients.
- All equipment and consumables (oils etc) and handouts provided.

To contact us directly:

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Quality Guaranteed

A member of our management team will personally ensure that your requests are listened to. Our friendly, first class service is tailor-made & delivered making sure that your holistic health experience is one to remember and, most importantly, stress free!

