

## SERVICES AVAILABLE

Regular Clinics at Blurton Hub Community Centre  
(post code ST3 3JT)

Visits to :

Support Groups

Care Homes

Day Centres

Wellbeing in the Workplace

Wellbeing Parties

Private 1-2-1 Clinics

Please ring or email for further details

Prices from £10

We also have a range of products to support health and wellbeing.

Telephone or email for further details and appointments

**It is important to remember that complementary therapists do not diagnose illnesses or treat specific disease. Complementary Therapy can help eliminate problems by bringing the body back into a state of balance. By doing this treatment can help a number of disorders.**

**Occasionally following consultation with you we may need to ask your GP for advice before we are able to carry out your treatment**

*'Working to improve your health and wellbeing'*

## hands4wellbeing

### Diane Leopard

I am a qualified clinical complementary therapist practising in North Staffordshire. I was awarded a Distinction for my Foundation Degree by Staffordshire University in partnership with Stoke College.

I have experience treating clients suffering from a range of conditions including: multiple sclerosis, lung cancer, dementia, arthritis, chronic obstructive pulmonary disease (COPD), anxiety and depression.

I have a wealth of life experience that enables me to work as a professional, caring and compassionate therapist.

I have a personal vision that strong evidence based complementary therapy will become part of an integrated modern healthcare system.

### Nia Roberts

I am a fully qualified practitioner in Aromatherapy and Reflexology who graduated in 2013 with distinction in the Foundation Degree in Complementary Therapies .

My experience to date includes supporting clients with MS, Lung Cancer, Depression, Hypertension, Asthma, Hayfever and Osteoarthritis.

I have experience in supporting Stress in the WorkPlace at UHNS, and I am currently supporting my local GP in a pilot scheme and have also worked with clients with Breast Cancer.

I believe therapies such as Aromatherapy & Reflexology have a place alongside conventional healthcare to help and support the health and wellbeing of clients with long term conditions and their families and carers.



Diane Leopard FdSc, CNHC, FHT  
Nia Roberts FdSc, CNHC, FHT

TEL: 07979 961177  
OR 07974 202210

Email: [hands4wellbeing@gmail.com](mailto:hands4wellbeing@gmail.com)



@hands4wellbeing



/hands4wellbeing

# hands4wellbeing

**Hands4wellbeing** is staffed by two clinical qualified complementary therapists; Diane Leopard and Nia Roberts.

Both therapists have completed the evidence based Foundation Degree in Complementary Therapies for clinical practice, awarded through Staffordshire University. They hold full professional indemnity insurance and are registered with the appropriate professional and regulatory bodies.

Treatments to be offered will consist mainly of Aromatherapy and Foot, Hand, Auricular and Vertical Reflexology, Acupressure as well as Wellbeing Massage for the Work Place

## Treatments include:

Aromatherapy

Reflexology - foot, hand, vertical and auricular

Therapeutic Massage

Seated Acupressure

Clothed upper back and shoulders

Clothed upper back and scalp

## Wellbeing in the Workplace

This offers treatment for the areas most susceptible to tension and affected by long hours at a desk or computer.

It is not only an enjoyable and convenient form of massage but is recognised as an effective way to manage stress in the office environment.

(minimum numbers apply)

## Aromatherapy

Aromatherapy is the therapeutic use of essential oils to help deal with everyday stresses and emotional well-being. Essential oils, extracted from plants, are thought to possess distinctive properties, which may be used to improve overall emotional and spiritual health imbuing the user with a sense of relaxation and calmness.

In a typical aromatherapy session, the aromatherapist will ask questions about previous medical history, general health, wellbeing and lifestyle. This helps the practitioner to choose and blend the safest and most appropriate essential oils for the individual. The oils may be applied in combination with massage or the aromatherapist may suggest other methods.

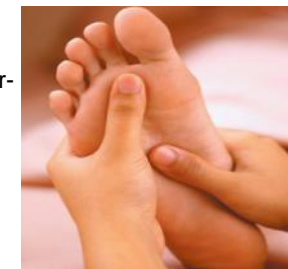
Aromatherapy may be found to be helpful to those wanting to reduce everyday stress and so help with the ability to cope, relax and sleep. As well as being used in individual therapy sessions and at home, it is also used in a variety of settings, including hospitals and hospices.



## Reflexology

Reflexology is a complementary therapy based on the belief that there are reflex areas in the feet and hands which are believed to correspond to all organs and parts of the body. Some practitioners may also include work on points found in the face and ears. Reflexology works on an individual basis and may alleviate and improve symptoms such as everyday stress and tension.

During a typical reflexology session the reflexologist will take a detailed medical history. Sessions are usually performed on a comfortable chair or couch. If it is to be performed on the feet, the client will be asked to remove footwear and socks but other forms of reflexology require no removal of clothing. The practitioner will make a visual and tactile examination of the area to be worked on before beginning the precise reflexology massage movements. The particular types of movements involved require the application of an appropriate pressure using the thumb and fingers. Reflexology can be a wonderfully relaxing experience where you can take time out from everyday pressures. The therapist's expert touch will help you relax which can help improve mood, aid sleep and relieve tension. The result is an overall sense of wellbeing.



**All treatments will have a clinical and caring approach. They will be adapted and individualised for every client following an initial consultation.**