

## **REFLEXOLOGY £40**

Deep pressure massage to feet (relaxing & balancing). Penny has 20 years experience with reflexology, helping many people with various problems such as poor circulation, back pain, sinus congestion, tinnitus and many others.

Reflexology is a simple, effective and natural therapy which focuses on the feet. It is over 5000 years old and has origins in China and Egypt.

Every part of the body has a reflex point on the feet. By applying a deep specialised massage technique to these reflex points it stimulates the body's own balancing and healing systems and encourages malfunction areas to begin to function normally again.

## **INDIAN HEAD MASSAGE £40**

This seated massage has been practised in India for over a thousand years. It incorporates deep massage to the neck, shoulders, face and scalp. A wonderfully relaxing treatment, which is great for tense shoulders and neck, and ideal for reducing tension that can otherwise lead to headaches and migraines.

Penny has been successfully practicing and teaching Head Massage for over 10 years.

## **COMBINED TREATMENT**

For a real treat you may have a Reflexology or Acupuncture session combined with an Indian Head Massage at a reduced rate.

**Gift vouchers available** – the ideal present!

Check your private health insurance to see if your treatment can be covered by your policy

**Payments by cash or cheque please.**

## **Cancellations**

As a courtesy to others and to assist the practice please give 24 hours notice of cancellation, otherwise a fee may be charged. Please help us not to turn other patients away,. Thankyou.

**PENNY UPCHURCH**

Acupuncture

Reflexology

Indian Head Massage

***'By releasing ourselves from stress we help the mind to settle and the body to function more efficiently.'***

The Cobblestones  
Complementary Health Centre

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Complementary Health Centre  
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## PENNY UPCHURCH

Lic.Ac, MBAcC

Penny has been practising complementary therapies since 1991. Penny qualified in **Acupuncture** in 1998. She is a **Licensed** Acupuncturist and Member of the British Acupuncture Council, which is the regulating body and which will ultimately form the basis of state registration.

Since 1991, she has gained qualifications in Reflexology, Indian Head Massage, Reiki, Therapeutic Massage, Chinese Patent Herbal Remedies and Aromatherapy.

Penny still advances her experience and understanding of therapies through *Continuous Professional Development*.

This leaflet provides an overview of the treatments Penny offers from the Cobblestones Complementary Health Centre.

See her website for more info:  
Website: [www.pennyupchurch.com](http://www.pennyupchurch.com)

## ACUPUNCTURE

Penny qualified 1998 from the College of Integrated Chinese Medicine, after which she did her post graduate training in Hangzhou China.

The initial consultation will be for 1 hour during which Penny will assess the condition of the patient requiring treatment through taking a full case history and Chinese pulse reading:

**Initial treatment**                    £ 60 1 hour  
**Follow up appointment**    £ 43 1/2 hour

Acupuncture is one of the best known forms of Chinese Medicine in the West. During the treatment fine needles (actually specially designed surgical steel pins) are inserted into points which lie along the channels where the vital energy (called Qi) and the blood flow. This stimulates the body's own healing response and helps restore its natural balance.

### The Benefits of Acupuncture

More people are turning to acupuncture as a natural way to heal without the side effects of drugs typically prescribed in the West. Studies show acupuncture stimulates Endorphins (the body's own natural painkillers), Cortisol (which has an anti-inflammatory effect on the body), and Serotonin (a mood enhancer).

Acupuncture is effective for a wide variety of health problems, including: **Stress, Back Pain, Frozen Shoulder, Tennis or Golfers Elbow, IBS, Tiredness, PMS, Menstrual or Fertility issues and many others (see her website for more info).**

Penny has also attended a course with Zita West on Acupuncture for assisting **IVF treatment**.

**By the selection of a specific prescription of acupuncture points for their condition, each individual will have a unique treatment to encourage the restoration of energetic harmony within the channels of the body.**

### The Treatment Described

The treatment takes place whilst the patient lies on a massage table. The essentially painless, minimally invasive technique employs the insertion of fine, sterilised, disposable needles using guide tubes into specific points along the meridians. Patients may experience a warm, heavy or tingling sensation, all of which are normal.

Together, the patient and practitioner discuss the goals for treatment and how many visits may be necessary.

**The treatment is relaxing so it is ideal for stress related conditions.**

### Electro-acupuncture

Use of electro-acupuncture may be used if the patient presents with pain.

Electro-acupuncture is a form of acupuncture in which acupuncture needles are attached to a device that generates continuous electric pulses, generating a small electric current that flows between pairs of needles.

**The main concern of Acupuncture is 'Treating the Person, not just the disease'**