

The

# Wellness Centre

(CASTLE QUAY)

## BROCHURE

*There's Something  
For Everyone...*



Follow us on Facebook

# Index

## INTRODUCTION

- ∞ The Heart of Wellness... 3

## ALTERNATIVE THERAPY

- ∞ Dry Needling - Where East meets West... 7
- ∞ Reflexology - Putting your FEET first...! 10

## COMPLIMENTARY THERAPY

- ∞ Chiropractic
  - How do **You** want to **Feel**..? 12
  - Do you have a **BACK** problem...? or ... Do you have a **HEALTH** problem..? 14
  - Common symptoms & effects of Vertebral Subluxations. 16
  - Our Animals have spines too...! 17
- ∞ **f l o a t S P A** - Intense Physical and Mental Relaxation... 19
- ∞ **Health Coaching** - Becoming the BEST version of you...! 22
- ∞ **Massage Therapy** - The Benefits of Massage... 24
- ∞ **Physiotherapy** - Move Better... Feel Better... Be Better...! 26
- ∞ **Sports Therapy** - Getting the Edge..! 28

## MENTAL WELLBEING

- ∞ **Counselling Services (Talking Therapies)** 32
- ∞ **Professional help is only a phone call away...** 34

## WELLNESS STUDIO

- ∞ **Pilates & Yoga Classes**
- ∞ **Health & Wellness Presentations + Workshops.** 36

## CORPORATE WELLNESS

- ∞ **Corporate Pricing** - Are you protecting your company's most precious asset...? 40
- ∞ **Wellness Warrior Program** - A HEALTHY Team... Is a HAPPY Team... Is a more PRODUCTIVE Team...! 42

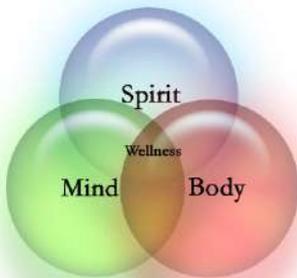
# The Heart of Wellness...



Most of us have heard the word **'Wellness'** used in different contexts in recent years, but what does it actually mean...? Is it an emotion or a feeling...? Is it a place...? Is it something that can be found or achieved...?

The truth is that wellness means different things to different people. Medically it is defined as: *health & freedom from disease*. But surely wellness can't simply just be the absence of disease..?

**Complementary Medicine** defines it as: *a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.*



In a nutshell Wellness is really about trying to achieve and maintain balance in one's life. It is however important to realise that very few of us (if any) ever live a purely linear existence. Most of us live rather more dynamic and

variable lives due to the fact that life by it's very nature is changeable and unpredictable. As such our lives can from time to time be thrown of course, and/or out of balance. Often a 'catalyst moment' or situation outside of our control may unfold in our lives, which can act to pull us off course and into a state of *dis-ease*. For some it may be physical e.g. (physical trauma, disease, etc.). For others it may be emotional e.g. (abuse, anxiety, depression, divorce, etc.), and for others still it may be spiritual e.g. (bereavement, losing faith, etc.). Often stress (mental, social, chemical, etc.) accounts for much of this imbalance. Whatever the cause, the end result is often the same... We become imbalanced and ultimately 'ill health' is allowed to slowly creep into our lives.

The good news is that most, if not all of us possess the ability to change, to meet life's challenges head on and choose to live better, happier and healthier lives, which

can lead us back into a state of 'well-being' again. We all have things in our lives that we know we should or could be doing... i.e. (stop smoking, exercise more, be mindful and/or meditate, eat healthier, love harder, get a massage more often, see your Chiropractor, have more fun, etc.). So many of us go through life feeling helpless and/or not recognising that we can all make choices to improve our lifestyle on a daily basis. *Just think if you made just one change today, how much better life could potentially be tomorrow.*

Many people often however make the mistake of focusing on short term solutions for long term problems.

**In Debt** = Work more hours.

**In Pain** = Take some pills.

**Overweight** = Go on a diet.

**Stressed** = Take a vacation.

**Unhappy** = Indulge in ???

Whilst some of the above aren't necessarily bad ideas, they are however often only temporary solutions, to long term problems which can repeatedly take us off course over and over again. Equally focusing on just one element of our lives can as a consequence allow other areas of our lives to be neglected and to

drift towards imbalance. We have all heard the saying *'Too much of a good thing...'* for a reason.

When we accept that our lives are in a constant state of flux, we can equally accept that we need to regularly employ measures to counter life's challenges and maintain balance. Just because we are balanced today does not necessarily mean we will be balanced next year, next month, or even tomorrow...? Wellness is not something that is just given, it is something that needs to be earned and those who achieve it are truly blessed.

But let's face it, none of us are born with a tool box and a manual of how to get through life unscathed. Recognising this fact we were determined to try and help. As such in recent years our centre has evolved and grown rapidly to become a 'Wellness Centre' of excellence. Our growing team of handpicked health professionals now offers a multitude of therapies and services to help you achieve your health and well-being goals...

We don't pretend to have all the answers, just the right people with the right tools to help you bring balance back to your life (whatever that may be).

## **Alternative Therapy**

Dry Needling (Medical Acupuncture)  
Reflexology

## **Chiropractic**

Consultation & Examinations  
Digital Spinal Health Checks  
X-Ray Referral Service  
Treatment Programs

## **f l o a t S P A Therapy**

Floatation (REST) Therapy  
Sensory Deprivation

## **Health Coaching**

Holistic Nutrition · Optimised Health  
Weight Loss

## **Massage Therapy**

Aromatherapy · Deep Tissue (Sports)  
Facial · Remedial · Hot Stone  
Indian Head · Pregnancy

## **Mental Wellbeing**

Counselling Services (Talking Therapies)  
Clinical Psychology

## **Physiotherapy**

Consultation & Examinations  
Posture + Movement Screenings  
Movement Therapy Classes

## **The Wellness Studio**

Pilates & Yoga  
Group + 1:1 Classes  
Lectures & Workshops

If you want to feel *more balanced, younger, stronger, faster, healthier, more flexible, more relaxed and less tired...* then our centre and our team is definitely the right choice for you, your friends and your family for whenever you are ready to let true health and well-being back in your life.

For more information about our centre and the many services we have to offer please visit.

[www.the-wellness-centre.com](http://www.the-wellness-centre.com)



# Alternative Therapy



# Dry Needling (Medical Acupuncture)



Dry Needling (also known as Medical Acupuncture) is a therapeutic technique that involves inserting fine needles into certain points across the body, to encourage healing and pain relief.

Also referred to as 'western acupuncture', the practice differs from the ancient Chinese practice it derives from. While still using needles to stimulate the body's natural healing abilities, it doesn't adhere to the concepts of Qi or yin/yang, as followed in Chinese acupuncture.

## What is Dry Needling..?

Medical acupuncture is the use of acupuncture that typically follows a diagnosis. It can be used to treat a wide range of health conditions, but the most common reason to try medical acupuncture is for pain relief.

A course of acupuncture usually creates longer lasting pain relief than when a single treatment is used. Treatment might be once a week to begin with, then at longer intervals as the condition responds. A typical course of treatment lasts approximately eight sessions.

## What can it help with..?

The **National Institute for Health and Care Excellence (NICE)**, which provides guidelines for the NHS on the use of treatments and care of patients, currently recommends acupuncture as a treatment for chronic tension-type headaches and migraines.

Other conditions commonly treated by acupuncture, though not officially recognised by NICE, include:

- chronic pain, such as neck pain
- joint pain
- dental pain
- postoperative pain

## How does it work?

Needling specific body parts is thought to stimulate sensory nerves under the skin and in the muscles of the body. This results in the body producing natural substances, such as pain-relieving endorphins. It is thought that these naturally released substances are responsible for the beneficial effects experienced with acupuncture.

While some people respond very well to acupuncture and notice improvements in their symptoms, results can never be guaranteed. You may find that there is no significant change in your symptoms following treatment. That being said, the nature of the treatment often helps people to feel better in themselves, even if there is no real improvement in their medical condition. For instance, some patients notice that acupuncture promotes relaxation, and results in a feeling of improved well-being.

## Use of Dry Needling with other therapies

Whilst acupuncture can be undertaken as a form of treatment on its own, it can also be

used in conjunction with other complementary treatments, such as Chiropractic & Physiotherapy and palliative care.

### **Acupuncture within Chiropractic**

Medical acupuncture is a form of treatment which is increasingly being practised by Chiropractors, in their approach to help manage pain and inflammation.

Chiropractors believe that acupuncture can help to relieve pain by stimulating the brain and nervous system to produce pain-relieving chemicals, such as endorphins. This is thought to help promote the body's natural healing process, which can be essential in the treatment of painful musculoskeletal problems.

### **Acupuncture for palliative care**

Medical acupuncture is increasingly being used in tandem with conventional medicine as part of a palliative care plan. While the techniques are often more gentle and soft than a typical acupuncture treatment, there can still be many benefits for palliative care patients. It is thought that this treatment can help to manage the symptoms and side effects of other medical treatments, as well as to relieve stress.

### **What to expect in a Session**

In your initial session, you can expect your practitioner to ask about your symptoms and medical history, as well as your habits and lifestyle. They may also give you a short physical examination, before starting the acupuncture treatment.

The practitioner will choose specific points to place the needles based on your condition. Up to 12 points may be used during a typical session, sometimes more, depending on the number of symptoms you have.

Your practitioner will assess your case and treatment will be tailored to your individual symptoms. For this reason, each treatment may vary with regards to how many needles are used, and where they are placed on the body.

The needles are inserted just under the skin, and once the needles are in place, they may be left in position anywhere from a few minutes, up to half an hour. In some cases, needles are inserted slightly deeper, to reach muscle tissue.

### **Does it hurt?**

Acupuncture needles are usually made of sterilised, stainless steel, specially prepared for the purpose of acupuncture. They are very fine and usually only a couple of centimetres long. Because the needles are so fine, it won't feel like having an injection or a blood test, which uses needles with a cutting edge.

The sensation varies from person to person. Some people feel a slight sharpness, a tingling or a dull ache, whereas other people feel nothing at all. You shouldn't experience any significant pain. But if you do, let your practitioner know straight away.

### **Is there anything I need to tell my practitioner before the treatment?**

Be sure to inform the acupuncturist of the following before undergoing treatment, if you have:

- ever fainted or had a fit
- damaged heart valves or a particular risk of infection
- a pacemaker or any other implants of an electrical nature
- Most importantly, if you have a bleeding disorder (e.g. haemophilia), are taking anticoagulants, or any other kind of medication, it is advisable to talk to your GP before you have acupuncture.

### **Are there any side effects of Dry Needling?**

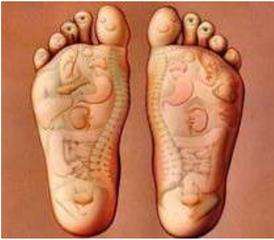
When carried out by a qualified practitioner, acupuncture is generally very safe. However, it is possible to experience some mild, temporary side effects, such as:

- pain or discomfort where the needles puncture the skin
- drowsiness, feeling faint or dizzy
- minor bleeding or bruising
- temporary worsening of pre-existing symptoms



# Reflexology - Putting your FEET first..!

Reflexology is a deeply relaxing holistic therapy performed on the feet and hands, using special techniques and manipulations applied to specific areas called 'reflex points'. Reflex points are arranged in such a manner that a map of the body can be found on the feet, with the right foot corresponding to the right side of the body and the left foot to the left side of the body.



Reflexology is based on the principle that the body is divided into 10 equal and vertical zones ending in the fingers and toes. When the body is in a state of imbalance, particularly after illness, injury or stress, these vital energy pathways/zones become blocked, preventing the body from functioning effectively. For example, if a client has back pain, the arches of the feet are manipulated, and if he or she is suffering from headaches, nausea or insomnia, tender areas in the web between the thumb and forefinger are squeezed or pinched.

## Restoring The Body's Balance

The aim of a Reflexology treatment is to treat the whole person rather than just the symptoms of disease, working on both a physical and emotional level and to induce a state of balance and harmony. It does this by releasing any blockages, restoring the flow of energy and therefore stimulating the

body's own ability to heal. Although reflexology is a remarkably soothing and relaxing experience, it is not a foot massage. It is a therapeutic modality that provides tremendous benefits when used alone or in conjunction with other treatments.

Clients at **The Wellness Centre (Castle Quay)** have had particularly good results with reflexology for the treatment of insomnia, digestive complaints, anxiety, headaches, and other conditions in which stress plays a role. Circulatory problems in the lower extremities and throughout the body also respond well to this therapy. Because reflexology is so effective at promoting relaxation and an increased sense of well-being, our therapists at **The Wellness Centre (Castle Quay)** often prescribe it in conjunction with other pain-relieving and health-enhancing therapies.



Reflexology is a suitable therapy for people of any age and can help relieve the symptoms of a wide range of conditions including:

- Anxiety - Arthritis - Chronic pain
- Circulatory problems - Constipation -
- Diabetic complications - Digestive disorders
- Fatigue - Fibromyalgia - Headaches
- Foot pain - Insomnia
- Menopausal discomfort - Neuropathy
- Premenstrual syndrome (PMS)
- Sciatica - Tension

# Complementary Therapy

How do You

want to Feel...?



**Balanced**

**Pain Free**

**Stronger**

**Healthier**

**Less Tired**

**More Flexible**



# Chiropractic - How do you want to feel..?

Chiropractic is a **'Primary Health Care'** profession specialising in the diagnosis, treatment, and prevention of mechanical disorders of the neuro-musculo-skeletal system, which can effect the function of the nervous system, and a patient's general health. 'There is an emphasis on manual treatments, including spinal manipulation' (**World Federation of Chiropractic 1999**).

Chiropractic offers a safe and effective treatment for many common conditions and is recommended in the UK Clinical Guidelines for the management of acute low back pain, and other conditions of a 'bio-mechanical' nature which affect the spine.

## **Our Chiropractic Techniques**

We use a number of highly-effective adjusting approaches to help improve spinal biomechanics and reduce nervous system interference. The approach we use is based on our clinical judgment and years of experience. The primary adjusting techniques we use include:

### **Diversified Technique**

After identifying which vertebrae have lost their normal motion or position, a specific manual thrust is applied to free up "stuck" spinal joints.

### **Thompson Drop Technique**

Thompson Terminal Point technique is a system of analysis and a special table that reduces the amount of energy needed to adjust your spine.

### **AK Applied Kinesiology**

Testing the strength of specific muscles of your body helps us find structural, chemical and mental problems and monitor your results.

### **Activator Methods®**

This is a system of spinal evaluation combined with a handheld adjusting instrument that delivers a consistent, low force thrust.

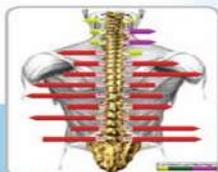
### **Medical Acupuncture (Dry Needling)**

The perfect adjunct to your chiropractic care, we use acupuncture for meridian balance, symptom relief and many organic health complaints.

### **Kinesio-Taping**

The Kinesio-Taping Method is a rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion.

Do you have  
90 seconds  
to check  
your spine?



Symptomatic



Goal

### Trigger Point Therapy

By applying direct pressure or stretching of the affected muscle, we can reduce muscle spasms and flush out pooled blood and accumulated toxins.

### Ultrasound

This high-tech deep tissue ‘micro-massage’ helps reduce swelling, increase blood flow, decrease pain, reduce joint stiffness and stimulate cell-repair.

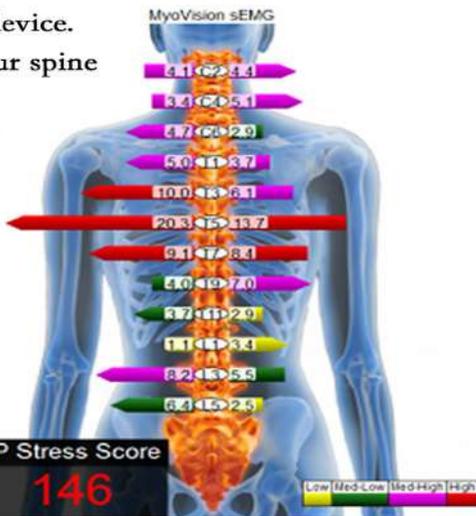
### MyoVision E-Scan (sEMG)

This amazing technology allows us to assess your muscular and nervous system by measuring tiny electrical differences in the surrounding muscles of the spine and send the results directly to you on your computer, tablet or Smartphone..!

It only takes a minute or two, is completely painless and non-invasive. With **MyoVision** seeing really is believing.. Get your friends, and family checked today...!

## MyoVision (Digital E-Scan)

- State of the Art digital sEMG scanning device.
- Identifies areas of dysfunction within your spine and associated muscles.
- Quick, accurate, painless & non-invasive.
- Results e-mailed directly to you.



Do you have a **BACK** problem? or...

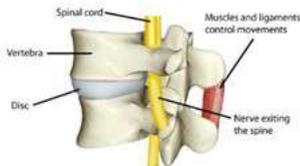
Do you have a **HEALTH** problem...?

Did you know that Chiropractors treat more than just backs...? Chiropractors are highly trained 'Primary Healthcare Providers' whom specialise in the treatment of many other conditions i.e. (*neck pain, headaches & migraines to shoulder & sports injuries*). However, many people do not realise that often what at first glance appears to be a **BACK** problem, may indeed actually be a **HEALTH** problem..!

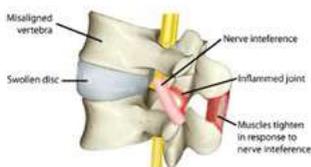
Everyone, and every living thing on this planet has an *innate* ability to heal itself. However, often in our busy lives we can sometimes develop 'roadblocks' to this healing process. Physical, chemical, emotional stress and /or injury can cause a whole host of problems to develop. It is hypothesised that these roadblocks can *if left untreated* sometimes lead to the development of a physiological cascade termed the '**Vertebral Subluxation Complex (VSC)**'. As Chiropractors it is our role simply to identify where these interferences are and remove them using gentle tried & tested adjustive techniques.

## VERTEBRAL SUBLUXATION COMPLEX

### Normal



### Subluxated



1. Vertebral segment/s of the spine begin to lose their normal range of motion and/or become fixated.
2. Restricted segments (fixations) in turn begin to prevent the normal functioning of the associated *Vertebral Spinal Unit (VSU)*.
3. Surrounding musculature becomes chronically tense and/or spastic, leading to the overproduction and *pooling* of lactic acid in the muscles which can cause *generalised pain* and further restriction to the VSU.
4. Dysfunctional VSU causes spinal joints (Facet Joints) to become irritated and inflamed, causing *sharp & localised pain*.
5. Inflamed Facet Joints apply pressure and/or irritate closely lying and highly sensitive spinal nerve roots.
6. Irritated nerve roots begin to refer pain to other areas/regions of the body causing a wide range of bio-mechanical pain syndromes.

Although not yet proven it is currently being researched to prove that this physiological cascade may actually have much further reaching effects in the body than previously thought, which may significantly aggravate and/or contribute to the development of several other conditions of a *somatovisceral* nature e.g. (Asthma, Anxiety, Gastric Reflux, Sinusitis, IBS, etc.). Like all things time will tell. Just because we may not presently have all the data and/or technology to measure the wider somatovisceral effects of the VSC does not mean that answers to the above questions will not be discovered in the not too distant future.

## MYOVISION

In recent years one of several advancements in Chiropractic has been the development of Biometric Scanners such as the **MYOVISION Static sEMG**.

The highly sensitive (surface electromyography) probes of this device accurately measure the electrical activity of the paraspinal muscles whilst weight bearing. It effectively provides a quantifiable means of showing a patient what we feel with our hands. Simply put, it is an **electronic form of palpation**. The device effectively and scientifically measures the muscular response to spinal subluxation and shows the results, in an easy to understand graphic at the levels of muscle tension about the spine. All patients at our centre receive **MYOVISION** scans as part of either a **Spinal Health Check** or **New Patient Consultation**, and at various intervals throughout their care, which enables us to obtain objective baseline & comparative data, to monitor a patient's progress over the course of their treatment.

Although Chiropractic is an amazing & natural way to cure and/or manage bio-mechanical conditions... our Team at the '**Jersey Chiropractic Centre**' believe that Chiropractic is about so much more than that just pain management. Although most patients come to us initially in some degree of pain, most patients come to realise that Chiropractic is in the longer term more about **LIFESTYLE**... It is about moving better, having more energy, feeling stronger, becoming

more active... It is about optimising one's body so that we can live to our full potential. It is about asking oneself a simple question... **"How do I want to Feel..?"**

As amazing as Chiropractic is we recognise that it does not have all the answers, nor should it. Acknowledging this fact, we were compelled to offer our patients and clients an all-encompassing holistic approach to Chiropractic care. This has been achieved by partnering with over 20 specialised Instructors & Therapists whom offer a wide range of additional services and therapies i.e. (Chiropractic, Health & Mindset Coaching, Hydrotherapy (**f l o a t S P A**), Massage, Psychotherapy (Counselling Services), Specialist Skin Care & Sports Therapy). Additionally, our beautifully designed '**Wellness Studio**' enables all clients to receive specialised tuition (Group or Private classes) in Mindfulness, Personal Training, Pilates, Kinetic Therapy & Yoga.

Finally, we believe that Chiropractic should be accessible and affordable for all. As such we have specifically designed several **Payment Plans & Packages** designed to save our patients money. Additionally, we offer all prospective patients a **FREE CHIROPRACTIC SCREENING** to meet and discuss their health goals, and whether or not they are a suitable candidate for Chiropractic.

For more information on how Chiropractic can help you, your friends & family please visit our website [www.jerseychiropractic.com](http://www.jerseychiropractic.com)



[www.jerseychiropractic.com](http://www.jerseychiropractic.com)

# COMMON SYMPTOMS AND EFFECTS OF VERTEBRAL SUBLUXATIONS

## C1-C3

Headaches and migraine-like pain, neck and scalp tension, pressure and pain behind eyes, blurring of vision, dizziness, light-headedness, fainting, facial pain and numbness, ringing in ears, ear pain, jaw pain, reoccurring sore throat, nasal congestion, sinus trouble, loss of co-ordination, disorientation, symptoms of dyslexia, generalized malaise, childhood fevers, vertebral artery insufficiency, insomnia (loss of sleep), problems with memory, depression, irritability, loss of concentration, symptoms of allergies and hay fever.

## C4-C7

Pain and stiffness in the neck, pain in the shoulder, arm and hand, tennis elbow-like pain, hand and finger swelling, numbness and tingling in hands and fingers, pain of bursitis in shoulders, wasting of arm and shoulder muscles, reduced neck/shoulder movement, difficulty swallowing, nervousness, neck tension, chest pain, cold hands, poor circulation in the arms, twinges of pain which "seem to go away", loss of power and grip strength, whiplash, certain thyroid problems, speech difficulties, hormonal balance issues.

## T1-T3

Shortness of breath, chest pain and pressure, difficult breathing, pain between shoulder blades, rib pains, heart arrhythmias, bronchitis and related chest conditions, respiratory difficulties, reoccurring upper respiratory tract infections, functional heart conditions, asthma and allied conditions (especially in children), certain types of arm pain, angina-like pain.

## T4-T9

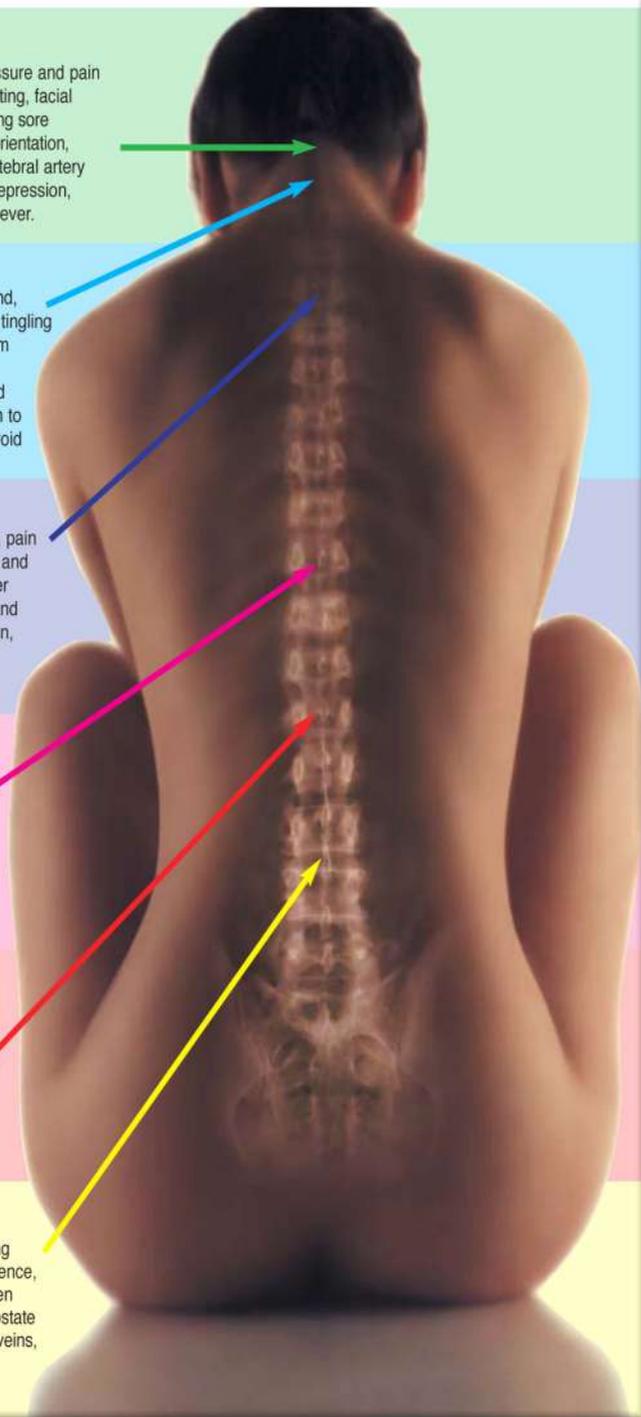
Pain between shoulder blades, chest pain and pain in ribs, liver and gall bladder trouble, jaundice in infants, stomach trouble, chronic indigestion, dyspepsia, heartburn, abdominal bloating, pancreas malfunction, hypoglycemia, ulcers, gastritis, abdominal pain, trouble digesting certain foods, allergies, lowered resistance acne and other skin disturbances, abnormal blood pressure, sweet tooth cravings.

## T10-L1

Urinary problems, constipation, ulcerative intestinal conditions, spastic colon, lazy colon, adrenal trouble, appendicitis-like pain, abdominal bloating and pain, gas pains, frequent sighing, diarrhea, fluid retention, allergies, fatigue, and mid-back pain.

## L2-L5

Low back pain, groin pains, weakness in legs, cramping, poor circulation in legs, numbness in legs and feet, childhood "growing pains", leg pains, gas pains, constipation, certain types of impotence, infertility, bed wetting in children, abdominal cramps, fatigue when standing, cold feeling in feet, menstrual cramps, bladder and prostate difficulties, sciatica (pain in leg), leg and ankle swelling, varicose veins, urinary difficulties, fatigue and leg weakness, spinal curvature, scoliosis, frequency (too frequent urination), knee pains, hemorrhoid pain, hip pain, ulcerative bowel conditions.



# Our animals have Spines too...!



## What is animal Chiropractic...?

Animal Chiropractic is a specialised field of animal health care that focuses on the maintenance and optimisation of the neuro-musculo-skeletal system (nerves, muscles and bones). The nervous system controls everything that happens in your animal's body and helps coordinate the body's ability to heal and regulate itself. Trauma, over or underuse may cause some of the vertebrae in the spine to become fixated, which can cause surrounding muscles to go into spasm, and ligaments to become inflamed. Closely related nerves often become irritated and/or compressed which can prevent impulses from reaching their final destinations i.e. (muscles, skin, organ systems, etc...). As a result these impaired structures may lose their ability to heal, which can ultimately impact on your animals overall health.

## Does my animal need Chiropractic...?

Traditionally horses would have lived on the open plains, constantly on the move, always grazing therefore always

with their heads lowered. In domestication, humans have forced confinement in the stable or in small paddocks. We then expect these animals to perform a specific task, carry a rider, and perform to the best of their ability. All these factors reduce the desired optimal performance that we require from our animals. Similarly with dogs there are numerous common stressful or traumatic situations that can affect our dogs such as boisterous play, car accidents, age and handling methods. Symptoms your animal may exhibit are vast and may include pain, spasm, sensitivity to touch, lameness, gait/movement abnormalities and postural compromise. Specifically horses may exhibit reduced performance such as difficulties with collected or lateral gaits, abnormal posture, pinning back the ears when being saddled or rugged, tail swishing or changes in behaviour. These are the symptoms that are easiest to detect. It may take a trained Animal Chiropractor to distinguish some of the more subtle changes.

## Dr. Emma Ross

Emma has an extensive background working with both horses and dogs. Emma has ridden since the age of 4 and between the ages of 12 and 18 rode for a competition yard breaking and training young horses. Having a particular interest in showing she regularly competed at county level. In later years she has kept up her riding, exercising and training horses for owners. After working with and riding many different breeds and ages of horses, it became clear to Emma that the importance of a healthy moving and working horse was for it to function at its optimum.

Prior to moving to Jersey Emma worked with gun dogs where expectations were high for peak performance. After completing a 4 year Master's Degree in Human Chiropractic Emma then went on to study Animal Chiropractic with the International Academy of Veterinary Chiropractic (IAVC). The IAVC provides the most comprehensive and current continuing professional development courses in Animal Chiropractic in Europe. The intensive courses are specifically designed for Veterinarians and Doctors of Chiropractic. Emma is also a certified member of the International Veterinary Chiropractic Association.

## Treatment

The goal of an Animal Chiropractor is to **1)** reduce pain/inflammation, **2)** improve mechanical function **3)** minimise muscle spasm, and **4)** optimise nerve function, thus allowing an animal or human to perform at their optimum potential. Chiropractic care is a very specialised treatment that utilises hands on 'gentle adjustments' to restore the normal motion of a spinal/vertebral 'Functional unit'. Even though horses have a very large, thick muscle mass over the spine, the vertebral joints are flexible and relatively easy to manipulate with minimal force. If the correct technique is used the ligaments are not adversely affected in any way. We combine adjustments with other mobilisation techniques, i.e. (stretches and trigger point release therapy) alongside advice on training and performance enhancement. In order to maintain the highest level of integrative care possible for your animal, prior veterinary consent is required.

If you would like to know more about Animal Chiropractic and whether it can help your animal please call us here at the **'Jersey Chiropractic Centre'** and ask to speak to Emma.

## Fees

<b>Initial Consultation (Equine)</b>	<b>£85</b>
<b>Follow up Treatment (Equine)</b>	<b>£70</b>
<b>Initial Consultation (Canine)</b>	<b>£65</b>
<b>Follow up Treatment (Canine)</b>	<b>£50</b>

**\*All fees are inclusive of transport costs to you.\***



# f l o a t S P A

Floataction Therapy is a scientifically proven, time-efficient method of unwinding, soothing your body, and regenerating from the daily grind. Floating is a means of intense relaxation, based on the perfect state experienced in our foetal existence. The beneficial effects of floating mimic those found in nature (the Dead Sea in Jordan), known for its high salt concentration, attracts thousands of visitors each year to relax and treat various medical conditions by immersing themselves in the water. A floatation pod combines this natural healing phenomenon with modern technology, making it accessible in an urban environment.

## Floataction Explained

Floataction therapy is a powerful stress relief and wellness tool, offering multitude of physical and mental benefits. During a floatation session, the client rests within a sensory-controlled environment, floating on the surface of warm water (36° - 36.5°), which is super-saturated with ***Epsom Salt (MGSO4)***. This experience is both highly nourishing for the skin, and deeply relaxing and rejuvenating for the body and mind. It reduces harmful stress hormones, alleviates pain and tension, and stimulates the



release of beneficial endorphins within the brain. When all external stimuli are removed, the human brain goes into what is called the 'Alpha' or 'Theta' brainwave state. This is the state which directly precedes sleep, and is similar to the state induced by relaxation training, hypnosis, meditation, yoga and massage, both from a psychological and physical perspective. One primary result of floating, is allowing the client a short amount of time to be free from the effects of gravity. Muscles and joints are relieved of their load, enabling them to relax completely. While floating, the body is in a state of weightlessness, due to the water's high *Epsom salt* concentration, which allows the client to float effortlessly on the surface of the water. Each floatation pod blocks all noise and light, thereby creating an atmosphere free of any distractions, resulting in complete physical and mental unwinding. The fewer

distractions there are, the more intense the regenerative effect on the body. This weightless, stimulus-free environment frees the brain from the constant task of orienting the body in space (proprioception) and processing sensory input. By creating a kind of neurological gap, the brain and nervous system are automatically redirected to the task of deep relaxation and restoring balance (homeostasis) in the mind & body.

## Benefits of Floating

University research has confirmed the anecdotal experiences of people taking part in floatation: dramatic reduction in circulating stress hormones; downshifting of the mind from normal waking consciousness (beta state) or hyperactive consciousness (gamma state) to a more serene and meditative state of conscious (alpha or theta state); holistic balancing of the body and mind; as well as noticeable physical benefits to nearly every organ of the body. However, individual results may vary. A single floatation session yields immediate benefits. The detrimental effects of stress on the body are dissipated: tense muscles relax, and the mind is able to let go and relax into a state of deep calm. These effects can last for days or weeks, and successive floatation sessions have cumulative effects.

## Target Audience

Floatation Therapy is for almost everyone...!

**Anxious & Stressed People** - whom wish to achieve a deep state of relaxation and counter anxiety, stress, and/or depression..?

**Athletes** - whom wish to gain a competitive edge over their opponents..?

**Business People** - whom wish to de-stress, re-gain their energy and/or cultivate more creativity in their business..?

**Injured People** - whom suffer with aches, pains, and/or musculo-skeletal conditions..?

**Students** - whom need to rest their brains and wish optimise their memory..?

**Tired Employees** - whom need to re-charge their batteries from time to time..?

Floatation Therapy in some rare instances may prove unsuitable for people suffering from specific health conditions e.g. (severe skin conditions, schizophrenia, panic attacks, etc.). *As such if there is any concern we would recommend consulting with your G.P. prior to booking.*

## Hygiene

The **Float SPA®** system provides unparalleled hygiene, essential for

customer satisfaction. Before and after every client session, the total volume of water is cleaned twice using several different methods i.e. (chemical filtration (Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>)), mechanical filtration, Ultraviolet filtration and air filtration). Even when the Float SPA is not being used it automatically circulates and cleans the water several times a day. The pod's surface *antibacterial sanitary acrylic*, and the disinfection performed on the inner surface of the float tank after each session provides an ultra-clean & safe environment for the perfect relaxation experience.

The designers at 'float SPA' have engineered their floatation pods to induce maximum relaxation and rest.



They envisioned the units looking like pebbles lying on a sandy beach. Nature, serenity, balance and harmony are notions that come to mind upon admiring the Float SPA's interior and exterior design. Warm and comforting earth tones, organic forms, natural materials and soothing scents are used to contribute to the total relaxation experience.

## Float Sessions (Pay as you go)

Cost: £60 (60 minute Session)

Cost: £75 (90 minute Session)

## Enlightened Package

Cost: £135 (60 mins sessions)

### 3 x 60 mins float sessions

- Shareable with 1 other person.
- 10% off any 1 treatment of .choice.
- 3 month expiry.
- 17% discount

## Float MASTER Plan

Cost: £40 / month (Direct Debit)

### 1 x 60 mins float session / month

- Additional float sessions ONLY £30.
- 10% off any treatment of choice.
- 30% discount.

# Health Coaching

(Holistic Nutrition - Optimised Health - Weight Loss)



Become the BEST version of You...!



# Massage Therapy

## The Benefits of Massage...

### A Powerful Ally

There's no denying the benefits of massage and the healing power of human touch. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

Furthermore, clients often report a sense of perspective and clarity after receiving a massage. The emotional balance massage can provide, often can be just as vital and valuable as the more tangible physical benefits.

### Profound Effects

In response to massage, specific physiological and chemical changes cascade throughout the body, with profound effects.

#### Research shows that with massage:

- Arthritis sufferers note fewer aches and less stiffness and pain.
- Asthmatic children show better pulmonary function and increased peak air flow.
- Burn injury patients report reduced pain, itching, and anxiety.
- High blood pressure patients demonstrate lower diastolic blood pressure, anxiety, and stress hormones.
- Premenstrual syndrome sufferers have decreased water retention and cramping.
- Pre-term infants have improved weight gain.

Research continues to show the enormous benefits of touch which range from



treating chronic diseases, neurological disorders, and injuries, to alleviating the tensions of modern lifestyles. Consequently, the medical community is actively embracing massage, and as such it is becoming an integral part of hospice care and neonatal intensive care units. Many hospitals are also incorporating on-site massage practitioners and even spas to treat post-surgery or pain patients as part of the recovery process.

### **Increased Benefits with Frequent Visits**

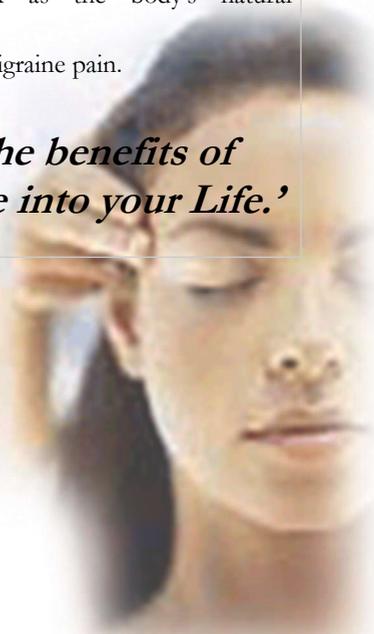
Getting a massage can do you a world of good. And getting massage frequently can do even more. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for massage at consistent intervals is truly an investment in your health. Remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

What exactly are the benefits of receiving massage or bodywork treatments? Below is a list of just some of the conditions that massage can offer benefits for:

- Alleviate **low-back pain** and improve range of motion.
- Assist with shorter, easier labour for **expectant mothers** and shorten maternity hospital stays.
- Ease dependence on medication.

- Enhance **immunity** by stimulating lymph flow, the body's natural defence system.
- Exercise and stretch **weak, tight, or atrophied muscles**.
- Help **athletes** of any level prepare for, and recover from, strenuous workouts.
- Improve the condition of the body's largest organ, the skin.
- Increase **joint flexibility**.
- Lessen **depression and anxiety**.
- Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- Pump oxygen and nutrients into tissues and vital organs, improving **circulation**.
- Reduce **post-surgery adhesions and swelling**.
- Reduce **spasms and cramping**.
- Relax and soften injured, tired, and **over-used muscles**.
- **Release endorphins** and amino acids that work as the body's natural painkiller.
- **Relieve** migraine pain.

***'Let the benefits of  
massage into your Life.'***



# Physiotherapy

(Manual & Movement Therapy - Physical Rehabilitation)



Feel Better... Move Better... Be Better

The

# Wellness Centre

(CASTLE QUAY)

Physiotherapy helps to restore function and movement in patients affected by an injury, illness, or disability of a specific area or of the body as a whole.

Physiotherapists provide in depth examination, education & advice, rehabilitation exercises & manual therapy, all tailored to each individuals need.

## TREATMENTS

<b>New Patient Consultation</b> (60 min)	£100
<b>Treatment</b> (30 minute)	£60
<b>Physiotherapy Care Plan</b> (10x 30 min treatments)	£540

\* Covered by most major Medical Insurance Companies \*

## MOVEMENT THERAPY CLASSES

<b>1:1 Assessment Class</b> (60 min)	£70
<b>Group Classes</b> (60 min)	£15
<b>Group Classes</b> (10x 60 min classes)	£135



[www.the-wellness-centre.com](http://www.the-wellness-centre.com)

 Follow us on Facebook

(01534) 633060

# Sports Therapy - Getting the Edge...!



As we all know, a key part of staying healthy is physical exercise - whether this is done on a treadmill at the gym or outside on a football pitch. If you are a keen fitness enthusiast, ensuring you are exercising safely is crucial. Having said this, even the most careful of us can sometimes succumb to injury.

Sports injuries are often caused by people not warming up properly, pushing oneself too hard or simply suffering an accident. When injuries happen, they usually require one to rest up while the healing process takes place. When exercise or sport is a big part of a person's life, recovering from injury and returning to normal function is paramount. This is where sports therapy comes in as a Sports Therapist aims to provide care for sport and recreational participants to help them recover as quickly and fully as possible.

## What is Sports Therapy?

There is often confusion regarding the difference between physiotherapy and sports therapy as they both deal with similar health concerns. While sports therapists do apply physiotherapy skills, sports therapy is specifically concerned with the prevention and treatment of sport-related injuries using a variety of modalities and techniques. Another common misconception is that sports therapists only work with professional athletes. No matter what your occupation (or your sporting ability), if

your injury is sports/exercise related, a sports therapist can help.

Utilising the principles of sport sciences, therapists use various techniques, such as sports massage, to help fully rehabilitate those with injuries. As well as helping you to recover from injury, a sports therapist will also use their skills to optimise your performance and support you in your sporting/exercise endeavours.

The Society of Sports Therapists defines a sports therapist as a healthcare professional who has the knowledge, skills and ability to do the following:

- utilise sports and exercise principles to optimise performance.
- provide immediate care of injuries.
- offer basic life support in a recreational, training and/or competitive environment.
- provide sport and remedial massage in a sport and exercise context
- plan and implement appropriate rehabilitation programmes.

A sports therapist should also be qualified to refer patients to other medical specialists as and when required.

## Common sports injuries

When you exercise or play sports regularly, certain parts of the body can become susceptible to strain or injury.

While of course exercise is beneficial to your health, it is important to be aware of some common sports injuries. If you feel pain somewhere in your body when exercising or playing a sport, be sure to seek medical advice as you may have injured yourself. Listed below are some common sports injuries to be aware of:

## **Back injuries**

Many people will suffer from back pain at some point in their life, whether it's due to a recurring problem or bad posture. Those who exercise regularly may also encounter back problems. The most common of which is muscle strains and ligament sprains. Athletic over-use, insufficient stretching or even trauma can cause these sorts of sprains. Another common injury in sport enthusiasts is spondylolysis and spondylolisthesis. Defects of a vertebra's pars interarticularis are called spondylolysis and the slippage of one vertebra in relation to another vertebra is called spondylolisthesis.

## **Ankle and foot injuries**

Other parts of the body that can cause problems are the ankles and feet. Ankle sprains are perhaps the most common of these sorts of injuries, especially for those who run and jump when they exercise. Turf toe (pain at the base of the big toe) is another well-known injury and is common for those who play sport on artificial turf. Breaks and fractures are less common, but can occur as a result of trauma or severe overuse.

## **Knee injuries**

Knees can cause health problems for many people and knee pain is a

common complaint for sport participants. There are several different causes for knee pain including:

- **arthritis**
- **ligament injuries**
- **cartilage injuries**
- **meniscal tears**
- **tendonitis**
- **dislocated kneecap**

Uncovering the root cause of knee pain is important - if left untreated it can lead to recurring issues and may impact your ability to play sport in the future.

## **Hip injuries**

The hips are part of our core and are central to many movements the human body makes. Common causes for pain in this area include inflammation of the joint and muscle strains. Again, these conditions can occur due to over-use and trauma. Stress fractures in the hip are another complaint - these are most prevalent in those who participate in high-impact sports, such as long distance running.

## **Wrist injuries**

If the sport you play involves wrist action (for example tennis or basketball), you may find yourself susceptible to wrist injuries. Sprains and tendonitis are typical examples, however long-term conditions such as arthritis and carpal tunnel syndrome can also cause problems.

## **Elbow injuries**

Similarly to wrist injuries, sports that

require a lot of arm movement also leave you susceptible to elbow pain. One of the best-known sporting injuries in this category is known as tennis elbow (official name - lateral epicondylitis). This condition involves pain over the outside of the joint and can make it difficult for the sufferer to grip objects. Despite its name, most patients with this condition don't play tennis. Other elbow injuries include fractures from trauma and nerve compression (radial tunnel syndrome and cubital tunnel syndrome are typical examples). As with other joint injuries/conditions, if left untreated elbow pain can become a recurring issue that may affect your ability to participate in sport.

## **Shoulder injuries**

The shoulder is a complex part of the body and therefore can be the cause of many sports injuries. The rotator cuff in particular is often affected, with tendonitis of the cuff and tears seen regularly by sports therapists.

Another condition called frozen shoulder can also be a problem. This is where the joint stiffens and almost locks, inhibiting mobilisation. On the flip side of this, shoulder instability is a problem that makes the shoulder joint loose and prone to dislocation.

## **What will happen when I see a sports therapist?**

While sports therapists may use different approaches and techniques, generally one's treatment will follow this format:

## **Initial Consultation**

Brief history to ascertain why you are here, what you have done, and if we can help.

## **Assessment**

May involve checking your posture, functional movements and ligament stability tests.

## **Treatment**

Usually a 'Treatment Plan' will be recommended which may incorporate several different techniques.

## **Rehabilitation**

Rehabilitation aims to help you manage your condition until you are returned to full health (if this is viable).

## **Pre-habilitation**

Within sports therapy the term pre-habilitation which relates to keeping you injury free in the future.

## **Sports Therapy treatments**

Sports therapists can utilise a number of techniques i.e. (*Massage, Mobilisation, Myofascial Release, Electrotherapy, Hot & Cold Therapy, etc.*) to help ease pain and encourage recovery from a wide range of injuries that can affect any area, joint or muscle in the body. While the specific treatment used will depend on the nature of your injury and your own personal history, the following techniques are commonly used:

## **Massage**

Many sports therapists will be able to offer sports massage and/or remedial massage to help reduce aches and pains

from training, treat soft-tissue injuries and encourage blood flow to the muscles. Within the realm of massage there are many different techniques i.e. (*Effleurage, Petrissage, Tapotement, Neuromuscular Techniques, & Positional Release*) that are used to treat the superficial and deep layers of muscle and/or fascia.

## **Mobilisation**

Mobilisation is a manual therapy that is designed to help restore joint movement and range of motion in the event of joint dysfunction. The sports therapist will gently 'passively' move the joint within the limit of the joint's normal range of motion. This kind of movement needs to be very specific and gentle, so must be carried out by a qualified professional. If joint dysfunction is left untreated, it can cause muscle spasm, pain and fatigue.

## **Myofascial release**

Also known as soft tissue mobilisation, myofascial release is used to release tension build up in the fascia. Fascia are sheets of fibrous tissue that surround muscles, separating them into groups. When a trauma occurs, the fascia can shorten, restricting movement and blood flow.

## **Electrotherapy**

Sports therapists are trained to use different forms of electrotherapy such as TENS (transcutaneous electrical nerve stimulation), and Laser treatments. Some Therapists may also be trained in additional techniques such as Interferential, Ultrasound, Kinesio-

Taping and other techniques. These are known to help with certain types of pain and can be used as an alternative to (or alongside) painkillers.

## **Hot/Cold treatment**

Hot and cold treatments are typically used for injuries to help encourage blood flow and healing. Cold treatments (also known as cryotherapy) involve using cold compresses on the injury to soothe inflammation and reduce swelling. Heat treatments are normally used after the acute injury stage has passed to relax muscles and promote healing.

So regardless if you are already a seasoned athlete, are just starting out, or just prefer to have a really good deep tissue massage then Sports Therapy is for definitely for you.

For more information, please call **The Wellness Centre (Castle Quay) - (01534) 633060**



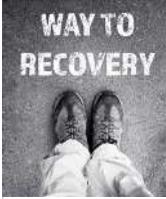
***“Get the edge on the competition...  
Get the edge on life..!”***

# Mental Wellbeing

Clinical Psychology (Talking Therapies) - Float SPA (REST Therapy)



# Talking Therapies



Clinical Psychology is a form of 'Counselling/Talking Therapy' which aims to reduce psychological distress and enhance psychological well-being. Clinical Psychologists deal with a wide range of difficulties including:

- Anxiety
- Low mood & depression
- Stress
- Sleep difficulties
- Anger difficulties
- Bereavement and loss
- Low self-esteem (including difficulties with assertiveness)

Clinical Psychologists are able to draw on a variety of different therapeutic models depending on what suits the person and the difficulties they are experiencing. Interventions are based on a thorough assessment and formulation (collaborative understanding of why a person's difficulties have developed and what's keeping them going). All interventions are person-centred, meaning the client does not need to fit into a diagnostic 'box' to receive therapy.

All Clinical Psychologists' have completed an undergraduate degree in psychology as well as a Doctorate in Clinical Psychology. Most Clinical Psychologists have also gained comprehensive experience in the field and additional qualifications prior to completing their doctorate.

## How is a Clinical Psychologist different to a psychotherapist or counsellor?

Psychotherapy is an umbrella term for any professional who provides therapy for



clients. A psychotherapist/counsellor could be from a range of backgrounds with various levels of qualification.

There are currently no laws regarding who can call them self a psychotherapist/counsellor, however registrations with a professional body (e.g. BABCP, UKCP) means a counsellor/psychotherapist has satisfied certain rules on training and practice.

'Clinical Psychologist' is a protected title meaning that it can only be used if you have met the necessary requirements of a 3 year Doctorate in Clinical Psychology approved by the Health and Care Professions Council (HCPC).





# Professional help is only a phone call away...

The aim of Talking Therapies is to allow you to explore how you think and feel in a calm, safe, and non-judgemental environment.

It is not about being told how to live your life or for someone to give you advice. You are free to talk about what is important to you. There is no formula to therapy, and a therapist will work with you according to your needs. Although they may not have first hand experience of your situation, they will not make assumptions about how you feel or expect you to behave in a certain way. You can be as honest with your therapist as you are able to be.

Psychology can be enormously liberating. In everyday situations, many people struggle to say how they really feel. Everyone has been in conversations where they have said that they felt 'fine', when in actual fact they felt anything but. In the therapy room, you can say how you are really feeling, and if you don't know what you are feeling, then that is ok too.

***"The purpose of psychology is to set people free"***

Other benefits of Talking Therapies may also include less anxiety, clearer life goals, a better understanding of yourself, improved relationships and communication. Psychology does not offer a magic solution,

but it does deal directly with your symptoms. You and your therapist will look at where your beliefs and ideas come from and evaluate how useful these are to you as an adult. If you do choose to change them, your therapist will help you to do this by offering you alternatives and support to help you with your new beliefs. With greater understanding, you will feel empowered and become more conscious of your thoughts and actions.

## FAQ's

### **What issues can therapy help with?**

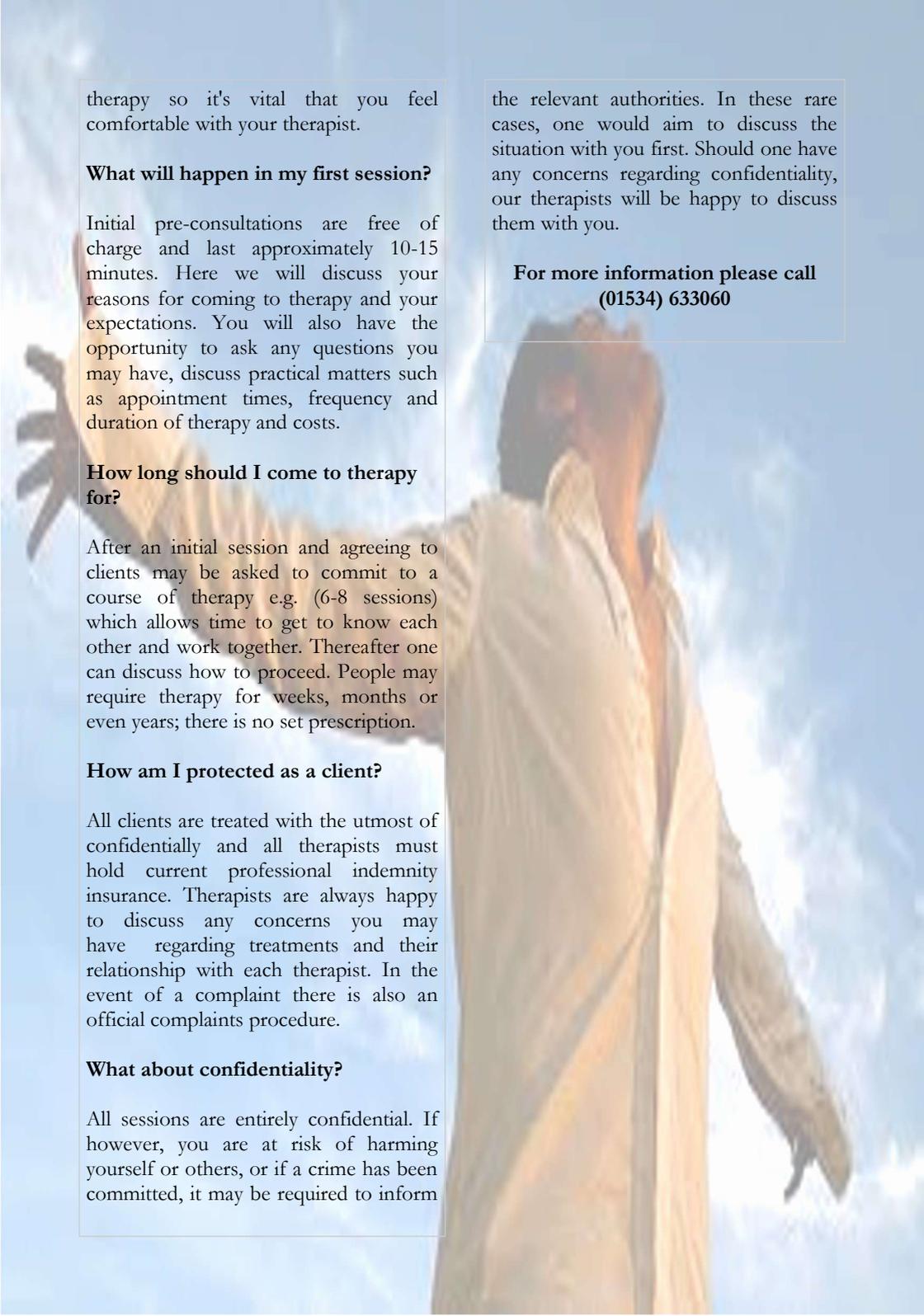
Therapy can help with many issues. Therapists are available to work with issues such as bereavement, injury or illness, depression, family or relationship issues, anxieties and phobias, work related problems, challenging life changes, stress and mild post traumatic stress, issues of sexuality self-image and identity.

### **Do I need a specific issue to come to therapy?**

Not at all. some people come with a specific issue, such as a bereavement and some people come with a general feeling of unhappiness or depression. Some people simply come to therapy to find out more about themselves and understand how they (and others behave).

### **How should I choose a Therapist?**

You may wish to contact and meet with several therapists before making a decision. The relationship between client and therapist is at least as important as the

A person wearing a white lab coat is shown from the chest up, with their arms raised in a gesture of openness or surprise. They are standing against a bright blue sky with soft, wispy white clouds. The person's face is not clearly visible, but their expression appears to be one of joy or relief. The overall mood is positive and hopeful.

therapy so it's vital that you feel comfortable with your therapist.

### **What will happen in my first session?**

Initial pre-consultations are free of charge and last approximately 10-15 minutes. Here we will discuss your reasons for coming to therapy and your expectations. You will also have the opportunity to ask any questions you may have, discuss practical matters such as appointment times, frequency and duration of therapy and costs.

### **How long should I come to therapy for?**

After an initial session and agreeing to clients may be asked to commit to a course of therapy e.g. (6-8 sessions) which allows time to get to know each other and work together. Thereafter one can discuss how to proceed. People may require therapy for weeks, months or even years; there is no set prescription.

### **How am I protected as a client?**

All clients are treated with the utmost of confidentiality and all therapists must hold current professional indemnity insurance. Therapists are always happy to discuss any concerns you may have regarding treatments and their relationship with each therapist. In the event of a complaint there is also an official complaints procedure.

### **What about confidentiality?**

All sessions are entirely confidential. If however, you are at risk of harming yourself or others, or if a crime has been committed, it may be required to inform

the relevant authorities. In these rare cases, one would aim to discuss the situation with you first. Should one have any concerns regarding confidentiality, our therapists will be happy to discuss them with you.

**For more information please call  
(01534) 633060**

# The Wellness Studio

(Yoga - Pilates - Group & Private Classes - Workshops)



**HARD  
WORK  
WILL PAY OFF**



# The Wellness Studio

The **‘Wellness Studio’** is a peaceful and inspiring environment with wood style flooring, floor to ceiling mirrors, air conditioning and adjustable lighting. The industrial exposed ceiling in the Studio is in keeping with Centre’s contemporary style and lends an unusual twist to this space.

Classes at **The Wellness Studio** are kept small to ensure that all students receive ample attention and encouragement in a group environment. We also offer ‘one to one’ sessions for those who require specialist tuition, or just prefer practicing on their own. All equipment needed for a class is included in the tuition price, however, should one prefer to bring their own this is also possible. Our Team at The Wellness Centre (Castle Quay) offer Pilates, Yoga and Yoga Therapy & Yoga Nidra (Meditation) classes. The ‘Wellness Studio’ is also utilized by our team for educational purposes. **‘Wellness Coaching’** is offered to the general public and corporate organisations, designed to help people consider a wide range of services & incorporate techniques into their lives and/or optimise their workforce and team members.

## GROUP CLASSES

### PILATES

Pilates classes focus on developing strength through the core of the body (back, shoulders, abdomen and hips). This provides a foundation to continue working and exercising the rest of the body. The concentration is not only on strength but also on flexibility and co-ordination. As Pilates both strengthens and

aids flexibility, it can also be used to help people with poor mobility, muscular pain and injury rehabilitation. Our Instructors teach Pilates for beginners, intermediates and more advanced students. Each Pilates course run over a 6 week period with an initial assessment session.

### YOGA

#### Dynamic Yoga

In this group class you will learn yoga core techniques undertaken through a step-by-step approach. It is specifically designed for those wanting to beat stress and for those with common ailments such as lower back pain. You will learn how to release tension, relieving stress, while still maintaining the necessary muscular effort to maintain flow, good posture and good alignment. Muscles are toned, core body strength is developed, joints are mobilized, heat is generated aiding flexibility. It is suitable for beginners as well as more experienced students and can be practiced side by side. Each yoga course runs over a 6 week period.

#### Hatha Yoga

Hatha yoga can be both dynamic and relaxing while incorporating breathing techniques, meditation and postural awareness. Most classes start with a centring warm-up practice, followed by a variety of flowing standing poses, balancing poses, a seated stretch section and finally a closing relaxation session. These classes are often described as a strong practice that allows students to face challenges with support and guidance, inspiring them to move forward fearlessly and more consciously.

## Vinyasa Yoga

These classes are infused with strength and precision, and are intended to move you smoothly and continuously between poses, creating strong, fluid movements in your body. Vinyasa flow is a dynamic, flowing type of yoga that links breathing with movement. Most classes start with a centring warm-up practice, followed by a variety of flowing standing poses, balancing poses, a seated stretch section and finally a closing relaxation session. These classes are often described as a strong practice that allows students to face challenges with support and guidance, inspiring them to move forward fearlessly and more consciously.

## PRIVATE CLASSES

### Yoga & Pilates

Private 1:1 classes (Pilates & Yoga) are available for those clients whom wish to learn & practice in a more private setting. It highly recommended for those students whom wish to accelerate their training and/or strengthen specific areas of weakness. 1:1 classes may be recommended by our Chiropractic Team as part of one's Rehabilitation program.

## Registration

**The Wellness Studio** is not a gym. Our studio has been designed with rehabilitation in mind to provide our clients and patients with the assistance, education and rehabilitation equipment that will ultimately help them achieve their physical and wellbeing goals. As such prior to participating in private or group sessions each new participant must register

with the Centre and it is recommended that each attend a **FREE 'Spinal Health Check'** with one of our resident Chiropractors. This process can help ensure that our Team is fully aware of each individual's health goals, existing medical conditions, and that any exercise undertaken is appropriate for each individual.



# Corporate Wellness

A man in a white shirt and tie stands on a green field with arms outstretched, looking up at a bright sun in a blue sky. A laptop is on the grass in front of him.

A **HEALTHY** Team... is a **HAPPY** Team...  
is a more **PRODUCTIVE** Team...

# Are You Protecting Your Company's Most Precious Asset?

Employees are the backbone of every business, and are the key to their success. The Team at **The Wellness Centre (Castle Quay)** are leaders in Corporate Wellness and can provide businesses with tailor made solutions to:

- Maximize Employee Productivity
- Prevent Injury in the Workplace
- Reduce Absence due to Illness
- Lower Healthcare Costs

Most businesses today struggle with the same age-old problems. Ever increasing workloads & fast changing work environments lead to:

- Increased Anxiety & Stress = 'Burn out'
- Tired and/or unmotivated Workforce
- Reduced Performance & Low mood
- Reduced Cohesion in Team/Organisation
- Increased sick days + increased turnover of Staff & Recruitment.



## Why Implement a Corporate Wellness Program?

Successful Corporate Wellness Programs can create a framework to significantly improve an Employee's work/life balance and increase overall productivity within a business. All of this equates to a happier & healthier workforce, better productivity and ultimately more profit for the Corporate Entity. Our Corporate Wellness Programs go beyond teaching your Employees about work/life balance. They are designed to help you protect your most valuable assets.

To help businesses effectively introduce wellness into their workplaces we offer several levels of support, which are designed to make health & wellbeing more accessible and affordable for all businesses and their teams:

- **Corporate Pricing** (Preferential Rates for Services & Therapies)
- **Wellness Warrior Program** (Structured monthly healthcare for your Team)
- Individually Tailored Corporate Events (Wellness Lectures, Wellbeing Days, etc.)

If you would like to find out how **we** can help **your** business implement a Corporate Wellness Program tailored to your needs, please contact our dedicated Corporate Wellness Team on **01534 633060**, or email us on [admin@the-wellness-centre.com](mailto:admin@the-wellness-centre.com)

**N.B.** - *Our Chiropractic, Physiotherapy, and Mental Wellbeing professionals are covered by most major Private Medical Insurance Companies i.e. (AXA Health, AVIVA, BUPA, etc.)*



## CORPORATE PRICING (Preferential Rates)

Our Corporate Pricing offers Employees of partnered businesses, preferential rates and discounts for a wide range of Health & Wellness services & therapies, giving them access to more affordable care. By partnering your company with The Wellness Centre (Castle Quay) as your preferred 'go to' establishment, we will in return give your Employees:

### Chiropractic



- **FREE Spinal Health Checks** (**MyoVision** + **PostureScreen**)
- **25% Off** Consultations (History + Examination)
- **20% Off** WorkStation Assessments
- **10% Off** Chiropractic Treatments

### Complementary Therapies



- **20% Off** Massage Therapy
- **20% Off** Sports Therapy
- **20% Off** Reflexology

### float SPA Hydrotherapy



- **50% Off** Floatation Therapy
- Float effortlessly in warm water saturated with over 300kg of Epsom Salts
- Deep Physical & Mental Relaxation (1 hour = 4+ hours deep sleep)

### Physiotherapy



- **50% Off 'YOU MOVE'** Posture & Movement Health Check
- **25% Off** Consultation (History + Examination)
- **10% Off** Physiotherapy Treatment
- Movement Therapy Classes and 1:1 Sessions

### Wellness Studio



- Yoga & Pilates
- **10% Off** Group Classes and 1:1 Sessions
- Wellness Lectures & Workshops available on request

# WELLNESS WARRIOR PROGRAM

...Discover your Inner Warrior...

Our Wellness Warrior Program is not your average health program... It is a transformative membership program designed to help businesses enable their teams to regularly participate in a comprehensive range of Health & Wellness Services and Therapies. For a *small monthly contribution* (with all the benefits of our Corporate Pricing), Corporate Clients can Increase Production, Reduce Absenteeism & Employee turnover, and Optimise their Workforce.



Chiropractic &  
Physiotherapy



float SPA



Massage



Mental  
Wellbeing



Nutrition



Yoga  
& Pilates

## Additional Benefits...

- Introductory Team Lecture - *Health & Wellness in the Workplace.*
- Health & Wellness Survey (2x / year) = Productivity Data.
- Ergonomic Workstation Assessments (20% Off).
- Additional Health & Wellness Lectures / Workshops (20% Off).

*Join the Corporate Wellness  
Revolution NOW and gain a  
Happier, Healthier, and more  
Productive Team for the Future..!*

[www.the-wellness-centre.com](http://www.the-wellness-centre.com)



Follow us on Facebook

Tel: (01534) 633060

The

# Wellness Centre

(CASTLE QUAY)



[www.the-wellness-centre.com](http://www.the-wellness-centre.com)



Follow us on Facebook