



Relax & Rejuvenate



BWELL

homelands
trust-fife

WITH ALISON GRAHAM

Holistic therapies to help you unwind and feel your best.

Choose from 3 soothing treatments:

Reflexology

Using systematic pressure of the fingers and thumbs, the therapist stimulates the reflexes to correct energy imbalances and restore a healthy balance to the body by stimulating self healing, reduce tension and stress related conditions. Increases blood flow to reduce toxins.



Massage

Body massage helps rejuvenate the whole body, it stimulates the nervous system, wakes up organs, muscles, producing and releasing chemicals and hormones and is great for circulation. Our bodies need this treatment to reduce stress and anxiety.



Reiki

A Japanese natural healing system: Reiki is neither a religion nor a belief. It is a benefit to those suffering from stress and tension preventing the body becoming dis-eased. It promotes the healing of physical symptoms, balancing the mind and body resulting in feeling of wellbeing.



Other therapies are available - please check with Alison

Book with Alison:

📞 07359 758253

✉️ bwellwithalison@yahoo.co.uk

📍 Homelands Trust-Fife, Paxton Centre, 14a Links Road, Lundin Links, KY8 6AT

📅 Available Wednesdays

🕒 45-minute sessions
10.30am, 11.30am or 12.30pm

💷 £40 per session

📍 In the Paxton Centre therapy rooms, or Alison can come to your lodge - just ask!