



Almost a year since leaving full time employment



I can hardly believe that it is nearly a year since I started the training of my replacement at school, in preparation for leaving my full time day job to concentrate on my therapy work.

My business has gone from strength to strength and I am delighted to say that I am loving my work and the benefits it brings to my clients.

I have recently undertaken specialist training in the prestigious Dr Vodder method of Manual Lymphatic Drainage, which may sound like a plumbing qualification, but this treatment enables me to help people with a healthy (although sometimes a somewhat lazy) lymphatic system. Please read my article on what it can help and the benefits it can bring.

Please email (lesley@phoenixholistictherapy.com) ring or text me (07977 883141) if you would like any further details of any of the treatments I offer, as it may be a while since I saw some of you.

Lesley

Treatments available from Phoenix Holistic Therapy

- Manual Lymphatic Drainage
- Aromatherapy Massage
- Pregnancy Massage
- Reflexology
- Reiki
- Hot Stone Massage
- Hopi Ear Treatment

- Indian Head Massage
- Trigger Point Therapy for TMJ & Migraine
- Herbal Compress Massage
- Eastern Facial Massage
- Thai Foot Massage
- Japanese Hand Massage

Manual Lymphatic Drainage an overview



MLD is a fantastic method of encouraging the movement of fluids through the body.

Sometimes, fluid accumulates in tissues and when the fluid builds to a point where it becomes too much for the lymphatics to drain it away, oedema (swelling) occurs.

The main function of the lymphatic system is detoxification and disposal of metabolic waste. A well functioning lymphatic system contributes to healthy body tissue and plays an important part in the body's immune responses.

The subtle manual manoeuvres activate lymph transportation and calms the nervous system, relieving stress and pain.

MLD is both preventative and remedial and can enhance your well being.

Many conditions respond well to the treatment, and MLD can

- be deeply relaxing
- relieve chronic pain
- promote the healing of fractures, torn ligaments, sprains and strains
- improve many chronic conditions, including sinusitis, rheumatoid arthritis
- relieve fluid congestion, for example, swollen ankles or legs and tired puffy eyes
- promote healing of wounds and burns and improve the appearance of scars.

A full consultation will be undertaken before any treatment is offered, as it is vital that I am aware of any reason why MLD is not a suitable treatment for the particular client. MLD should not be used for people with acute inflammation, malignant tumours, thrombosis or major heart

problems, for example, so each case is individually assessed and, if necessary, medical approval will be sought from the GP or consultant.

If you would like any further information about this fantastic new treatment, please contact me.

In November, I will be attending advanced training (and further exams!) to enable me to offer treatment for lymphoedema.

This can develop in people who have undergone cancer treatments (lymph node removal, radiotherapy, etc) or who have other damage to the lymphatic system through injury or illness. Consequently, I am still studying and reading widely to underpin my current knowledge.

Pregnancy Massage



Studies show that there are many benefits to having regular massage during pregnancy. Massage increases blood circulation, bringing more oxygen and nutrients to the cells of both mother and baby, thereby boosting the immune system of both.

In addition, it aids lymphatic drainage, eases tension, relaxes muscles and calms and de-stresses both mother and baby. It can also help heavy, painful legs, aid sleep and reduce high blood pressure as well as supporting the physiological and emotional needs that naturally arise during pregnancy.

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Venues

As well as being able to offer mobile treatments, I now have the use of rooms in a few clinic settings, should clients prefer to travel to me for therapies. Two of these clinics are in Sleaford Town Centre, and the third is in Balderton, on Main Street. Please contact me for further information, if you would like to take advantage of these venues.

More News

Website

If you haven't had the chance to check out my website recently, you may not be aware that it has been relaunched, with a new hosting company, who are great. Feel free to take a look when you have a couple of minutes.

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Talks

If you are part of a group which invites speakers to talk to members and you may be interested in a talk by myself, please let me know. I have recently been invited to a few meetings, one was teaching a group of gentlemen an Indian Head Massage routine, and one teaching hand massage to a group of students.

Important Dates for 2009

Saturday 12 and Sunday 13 September

Mind, Body and Spirit Show at Newark Showground - come and visit the Perfect Harmony Stand.

Saturday 3 October - 10 am to 3 pm

Fundraising Event at Balderton Chiropractic Centre in aid of 'Fighting Childhood Liver Disease'. I am offering Taster Treatments of Reflexology and Indian Head Massage, and doing presentations on Manual Lymphatic Drainage and Hot Stone Massage.

Tuesday 3 November

Teaching Hand Massage routine to Willoughby Wisps.

Saturday 7 and Sunday 8 November

Mind, Body and Spirit Show at Lincoln Showground - Perfect Harmony will be at the Lincolnshire Showground, although I am unable to attend, being on a course advancing my skills in MLD.

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Important Dates for 2010

Wednesday 13 January

Talk at Osbournby WI

Saturday 20 and Sunday 21 February

Perfect Harmony will be at the Mind, Body and Spirit Show at Newark Showground.

Saturday 5 and Sunday 6 June

Perfect Harmony will be at the Mind, Body and Spirit Show at Lincoln Showground.

Saturday 18 and Sunday 19 September

Perfect Harmony will be at the Mind, Body and Spirit Show at Newark Showground.

Saturday 6 and Sunday 7 November

Perfect Harmony will be at the Mind, Body and Spirit Show at Lincoln Showground.

Mission Statement

To provide a wide choice of high quality therapies, personally tailored to enhance wellbeing and quality of life.

To provide high quality, knowledgeable and enthusiastic teaching.

LESLEY BATTEN MLD^{UK}

SLEAFORD

PHONE: 07977 883141

Member of MLD^{UK}, Reiki Healers and Teachers Society and the Complementary Therapists' Association and insured for all therapy treatments.



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