

Corporate

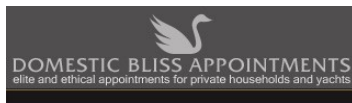
I have been very fortunate to have found you and benefited so much from your reflexology skills at a stressful time last year. In addition the MSM Aloe gel made all the difference in my recovery from the neck and arm injury – your knowledge, skills and care meant I am fully healed and much more balanced in all areas.

I would like to feel that your exceptional business is recognised – your website and newsletter are so informative and attractive I always read them and pass them on too. In addition, your depth of caring has shown itself in your SMILE fund. As well as your work with children in schools and organisations.

We are lucky to have you and I wish you continued success.

Clare Driver www.domesticblissappointments.co.uk

Landline: 01799 531958 Fax: 0207 138 2646



In all my dealings with Christine I have found her to always be calm and professional. She doesn't lose the focus that she is providing support and care to her clients. She is prepared to give clear explanations of what she does and how this benefits her clients. She gives the aura of being totally trustworthy be it in business dealings or allowing her to work with your child.

Leanne Castle

MENTA, Bury St Edmunds Tel 01284 760206 www.menta.org.uk



I have worked together with Christine Charters-Young on a couple of occasions and have always been immensely impressed with her professional abilities. Her knowledge, expertise and personable approach has enabled The Healing House to become a well respected business in the local area. The treatments that she offers, especially with the Gentle Touch Reflexology and Maternity Reflexology, tap into a specific area of alternative therapy for parents and children alike which until now has been limited. I wish her every success.

jane johnson

Editor CB8 Magazine, Newmarket 01638 751959

Christine has amazing capacity to make her clients feel special, valued and comfortable in all situations. She puts clients at their ease whether working on a one to one session as in Reflexology treatments, with groups of adolescents in Stress Busting sessions, or with younger children in Peer Massage lessons.

Her work helps clients to gain self-awareness and autonomy, providing ideas to help with personal challenge and dilemmas. She promotes emotional and social well being through all her teaching and interaction. **Jean Barlow - Managing Director of Jean Barlow Training Solutions Ltd Telephone : 01204 300516**

Complementary Health Treatments

“Before my acupressure massage I was having frequent headaches With regular treatments I feel clear headed have loads of energy and am sleeping much better “

L Salmon

“Christine's reflexology, relaxation and breathing techniques have been incredibly helpful in reducing my panic attacks. I am rested and sleeping more peacefully at night too.”

Lynda Gray, Essex

“Your massage felt really good and afterwards I played the best game of golf ever ! “

G A, Suffolk “

“For years I have suffered with anxiety, panic attacks and neck pain. Christine was recommended to me and I cannot thank her enough for helping me. Through a variety of regular treatments I am now better able to control my anxiety levels and my general sense of well-being has improved. Christine's combination of reflexology, massage, simple exercises and relaxation tips have been invaluable. I even used some of the exercises on my wedding day to help control my nerves and they worked a treat ! The breathing techniques are continuing to help me and monthly visits to Christine will help keep everything on track”

Ruth L, Cambs

“I suffered with severe back muscle pain and spasms. I went to The Healing House for back massages. Christine was very attentive and sensitive to my needs and the pain I was in. After treatment my muscles were free and the after care advice I was given actually worked”

Emily C, Suffolk

“Christine is wonderfully caring and calming. I have enjoyed Reflexology, Reiki and Indian Head Massage . All have been fantastic and the treatments are never rushed. I was surprised how well I coped with stressful situations such as my oncology appointments. While visiting Christine I felt more in control and calm.”

M Burnett. Cambs

“I have sinusitis and back pain. I believe in holistic therapies and received massage and acupressure treatments at The Healing House. It was excellent, Christine was patient and very helpful in all ways. I feel a lot better.”

V Rajesh, Ipswich

“I won a raffle prize and chose to have an indian head massage. I have since enjoyed regular treatments including reflexology. Christine is always professional and everything is explained clearly. A totally relaxing atmosphere in the treatment room. I usually “drift off” very quickly and always leave feeling refreshed. “

Margaret, Suffolk

“I lead such a busy life juggling both work and home. I found your reflexology made me feel so much better and less burdened “

Krysia G

"Your reflexology has been fabulous and has really helped me with stress. Everyone should have reflexology even if they are not stressed"

Kev Lloyd, Bury St Edmunds

"Jack was quite ill shortly after he was born and later was diagnosed with reflux. He suffered with disturbed nights as a result, often crying when we put him down to bed. He seemed to be very uncomfortable and would be sick a lot of the time. Christine worked with us over several weeks and last night after a session of reflexology he went off without a murmur. We all had a great night's sleep ! Short bursts of reflexology to help him relax have kept him sleeping soundly each night. His reflux is still occurring but the doctors think this may be linked to an allergic reaction. Christine has helped enormously with relaxing Jack (which in turn relaxes us!) and now she treats all the family "

Jayne and Mark, Cambs

"Sonny is our first baby and being a new parent can be quite scary. So when Sonny was diagnosed with acid reflux and constipation we were very concerned. After the medication he was prescribed did little to ease his discomfort we decided to try reflexology. Sonny's baby yoga teacher recommended we visit Christine. Christine was very supportive and made us feel that we were not being neurotic parents. We were delighted that after the first reflexology session Sonny stopped being constipated. Further treatments have maintained his daily bowel habits, his reflux is much better and he is sleeping well. Overall Sonny is so much happier and, as a result, so are we. We just wish that we had visited Christine sooner!"

James Jones and Jenny White, Haverhill

"I came to The Healing House with my 5 week old baby who seemed to be suffering from colic and was distressed. He had Gentle Touch Reflexology. Care was taken to ensure both myself and my baby were comfortable. My daughter was even given toys to entertain her. The reflexology seemed to sort out my son's colic and he was much more settled after treatments."

KB, Suffolk

"We have found the sessions with Christine invaluable. According to Jamie's occupational therapist, he is better able to register his movements, his balance has improved and this has had a very positive effect on his motor planning and his muscle tone is much better."

R Robertson

Educational Workshops

"Christine had us all captivated and managing the postures. I was also impressed with her understanding of knowledge of co-ordination difficulties these children have. She also added in other exercises that would have been advised by the Occupational Therapist at the hospital and another therapist trained in Neuro-development delay exercises. All this rolled into one practitioner, Christine. I strongly advise you contact Christine for help"

Joan Lewis Clinical Nurse Specialist

"These valuable sessions have been helping to provide our children with techniques and positive habits for life long learning "

Linda Baston-Pitt, Nursery Director Old School House Day Nursery

"Many thanks for your professional workshop. I thoroughly enjoyed the session and have already used it for myself and with some children. I love my teaching job. Yet it is an exhausting profession. Learning how to relax in and outside the classroom is a valuable tool to make the teaching and learning effective"

Habi O'Grady PGCE MFL teacher

These well-being sessions with staff have certainly proved to be beneficial in relieving some of the stress and strains which accompanies life in school. The staff enjoy the treatments and Christine's therapies have helped staff relax and improve their general well being. "

Head teacher Fawcett School, Judith Osler

"Christine gives a unique and popular service to both schools and the community. Following sessions run at TEAM both children and families have been full of praise and have benefitted greatly from the relaxation."

Jane Lampshire, Sports Development Officer

"Everything was excellent! Seeing all the children engaged, thank you for a great session"

J Ives, South Cambs District Council

(Project TEAM" is a collaborative project run by South Cambs District Council and the Cambridgeshire Primary Care Trust. The project helps local families with children aged between 7 and 12 to combat obesity, overcome low self esteem and adopt a healthier lifestyle)