

We believe it is important to think about prevention and early detection.

Exercise for Wellbeing

Bodyworks Pilates help to improve posture, rehabilitate from an injury or illness, manage a back issue, improve flexibility and mobility, or find the compliment to another sport such as running, golf, cycling, horse riding, football or swimming.

A variety of Yoga classes and 121 Yoga sessions have an emphasis on your individual ability to keep relaxed and soft during flowing movements to help release tension physically, mentally and emotionally.

Tai Chi is a series of movements performed in a slow, focused manner and accompanied by deep breathing in a self-paced system of gentle physical exercise and stretching.

Jazz Dance Stretch & Tone class includes an initial range of exercises to prepare the body for the dance element and increase flexibility and strength, particularly focusing on posture, balance, control and the core.

There may be contra-indications which mean a treatment is not suitable for you or it needs to be customised. Check when booking as each service is different.

Our Health Hives are handy guides to help you choose an approach to manage your healthcare. See our other hives:

- Which Massage is right for me?
- Mental Health
- Postural Health
- Diabetes
- Pregnancy to Parenthood

To Book or for information

Call 01244 915 603

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Womens Health Hive

Aesthetics - Beauty & Holistic Therapies - CBT -
Counselling - Crystal Therapy - Foot Health -
Functional Medicine - Hopi Ear Candling -
Life & Wellness Coaching - Menopause Services -
Nutrition Therapy - Raw Food Nutrition - Reiki -
Psychosexual & Relationship Therapy

Women's health refers to a state of complete physical, mental, and social well-being, as experienced by women, and not merely the absence of disease or infirmity.
World Health Organisation (1948)



Aesthetics & Beauty Treatments

Laura from Grosvenor Aesthetics is a specialist in **Non-surgical facial aesthetic** procedures and skin care.

Ruth from Skin Confidence Clinique offers a range of **Anti-wrinkle injections (Botox®)**.

Lynsey from Bliss Holistics provides **Facials, Manicures, Eyebrow and Eyelash Tinting, Threading hair removal, Hopi Ear Candles and Indian Head Massage** plus **Pamper packages**.

Nutritional Wellbeing

Sandra from Essence of Health is a **Nutritional consultant**, who use the field of nutrition science to promote and support you with good health.

Paula from O-Fit Training and Nutrition is educating individuals and families on **Nutrition Therapy** - how to eat and live well, specialising in diabetes and sports nutrition.

Emma from Vitalize provides **Plant-based Raw Foods Nutrition Consultations**, looking to the impact of diet on your mind, body and soul.

Menopause Wellbeing

Dr Jane Wilkinson holds a private consultation service for women, focusing on all aspects of health around **Menopause Wellbeing**. The consultation addresses your specific needs and offers advice regarding any preparations that are recommended including benefits versus risk discussion.

Emma Mathews Therapies also specialise in CBT and CFT for the emotional support with menopause challenges.

Spiritual Wellbeing

Emma from Vitalize, Julie from Peaceful Minds, and Phil Beale all provide **Reiki** treatments. Reiki works directly with the bodies energetic system (Chakras and Meridians) to treat a number of conditions.

Emma from Vitalize offers **Crystal Therapy** which works directly with subtle energy bodies, to treat all sorts of issues on a physical, mental, emotional and spiritual level.

Foot Health

Lynsey from Bliss Holistics is a Foot Healthcare Practitioner, providing **pedicures and medi-pedi** treatments for foot issues, or to pamper your feet and relax you.

Lynsey from Bliss Holistics, and Mr MingXing Lin, Traditional Chinese Medicine Practitioner both provide **Reflexology** - A non-invasive complementary therapy involving gentle pressure to specific points on the feet or hands, stimulating local sensory receptors to produce an effect elsewhere in the body.

Physical Wellbeing

Dr Fairoz Fayaz provides **Functional Medicine** / Personalised Medicine, looking at the body as a whole to bring solutions to health problems.

Linda Hornsby performs **Amatsu** to treat your whole body, not just the symptoms. It comprises of a number of different techniques such as massage, mobilisation, re-patterning and cranial balancing.

A variety of **Massage and Acupuncture** treatments offer relief and restoration to the body, whilst also relaxing and calming the mind.

Wellbeing in Life

Julie from Peaceful Minds offers **Life Coaching** - it addresses specific personal projects, business successes, general conditions and transitions in your life, relationships or profession, by examining what is going on right now.

Emma from Vitalize offers **Wellness Coaching** - to empower you to take control of your health and understand what effective self-care means to you on a physical, emotion, mental and spiritual level, making radical changes in how you think, feel and behave.

Emotional Wellbeing

All approaches help you understand the way you think, behave and feel, and offer an approach to help with issues faced.

- Psychotherapy, Psychosexual therapy, CBT and EMDR from Emma Mathews Therapy
- Psychoanalytical Psychotherapy from Manuela Surgeon
- Integrative Counselling with Julie from Peaceful minds
- Hypnotherapy from Angelo at Tranceform Hypnosis
- Relationship Therapy from Relate or Emma Mathews
- Wellness coaching from Emma from Vitalize.