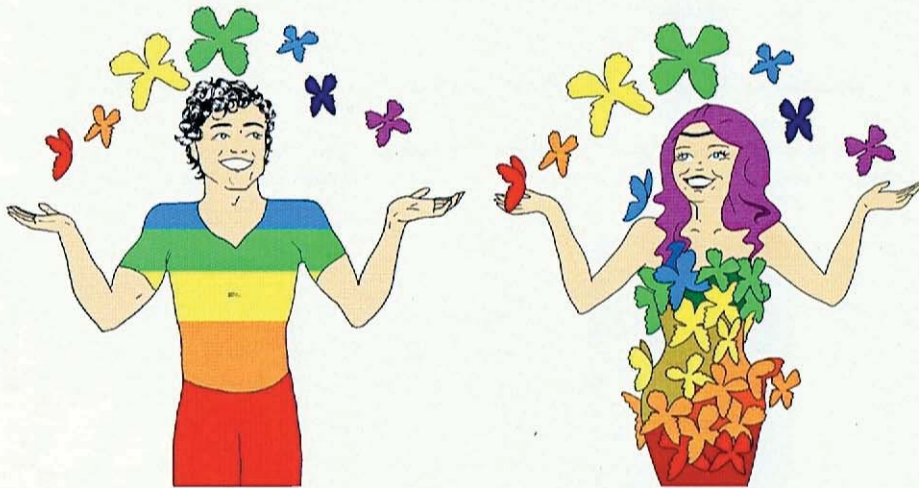




# Caledonia Touch

'Increased Motivation & Inner Contentment  
Leads to a Positive Effect on Productivity'



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2001 Diploma Indian Head Massage LCICI  
2014 Diploma Reflexology SMS  
2014 Diploma 'On-Site' Chair Massage SMS

Independent Professional Therapists International

The range of services I offer are a way of releasing and relieving the stresses and pressures of modern life

**Alison** worked in the oil industry for nearly two decades, during the latter six years Alison volunteered with the 'Chest, Heart and Stroke Association', the 'Pillar Project' which was a drop in centre for adults with mental health difficulties and a social club at Woodlands Hospital for adults with physical and or learning difficulties. The voluntary work Alison did gave her the incentive to change career. Working with adults with Special Needs and elderly (many with dementia) was a remarkable achievement for Alison, a time of inner development and self evaluation.

**Self Realisation** for Alison arose through a fabulous opportunity to live in Yokohama, Japan. This was the beginning of a remarkable journey where Alison developed a thirst for knowledge of various types of Holistic Healing. This remarkable experience was Alison's awakening and commencement of her personal healing journey.

**Buddhism** since returning from Japan Alison felt drawn to explore Buddhism. Alison's journey commenced at Samye Ling, near Lockerbie. The next stage of Alison's journey took her to Eire on a working holiday at Sunyata, a Buddhist Retreat Centre near Limerick. Thereafter, Alison lived and worked for four months at Jampa Ling, a Buddhist Retreat Centre in Bawnboy, County Cavan, absorbing the daily meditations and teachings from Lama Panchen Otrul Rinpoche.

'Open to your Natural State and Integrate your Treasures, thereafter Elevate'

'On-Site' Chair Massage is a 15 minute massage, fully clothed, without oils, practised on a specially designed chair in your workplace, either in a separate room or a quiet area within the office. The amount of employees receiving the 'On-Site' chair massage is variable.



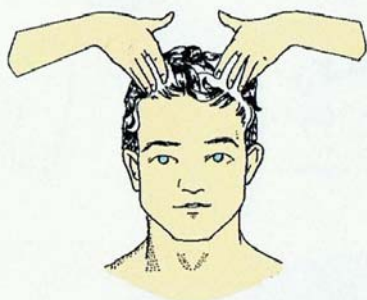
The benefit of 'On-Site' Chair Massage to your employee's are: relaxes tense muscles, reduces tension, relieves aches and pains. The massage is relaxing yet stimulating increasing alertness, concentration and alleviating symptoms of stress-eye strain and headaches.

## Testimonials

Alison is extremely professional and gives an excellent service when providing the On-Site chair massage. The massage is perfect for anyone working in an office environment but especially for those of us who are predominantly desk bound. I would definitely use this service on a regular basis if my company provided Alison with the means to do so. Carmen

The On-Site Chair Massage I received from Alison was amazing. I really felt the benefit during and afterwards. I would recommend it to anyone sitting in an office environment. Gillian

On-Site Chair Massage is pleasurable, relaxing and revitalising. A tonic for your body in a space of 15 minutes. Heather



Head Home feeling  
 Revitalised  
 Replenished &  
 Rejuvenated



**Indian Head Massage** includes massage of the upper back, shoulders, arms, hands, neck, scalp, face, ears and energy balancing. The massage is both relaxing and stimulating releasing tension and toxins from knotted muscles of the upper back and shoulders. Many people find that one of the first places they experience tension is in their shoulders which are designed for total flexibility and are unique out of all the joints in the body in possessing the widest range of movements.

A combination of bad posture and sitting for long periods can cause the shoulders to stiffen up and lose their flexibility resulting in:

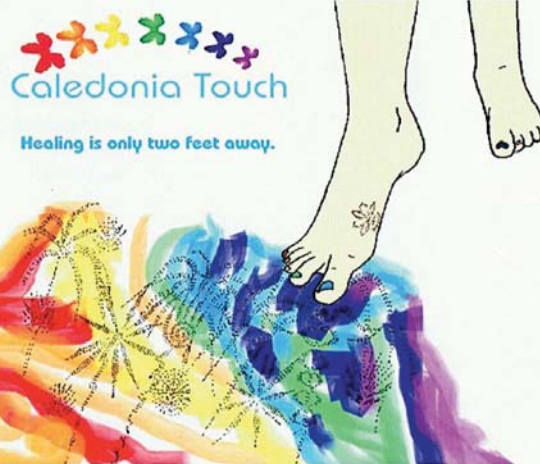
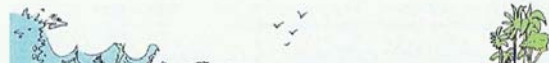
- restricting the ribs and how we breathe
- slowing down the circulation
- may create headaches, tension and imbalance of the body

Massaging the shoulders can release trapped energy and loosen the whole shoulder area thus allowing the shoulders to sit in the position nature intended.

#### Indian Head Massage Testimonials

I found the 'Indian Head Massage' that you gave me very therapeutic. It relaxed me so quickly that my mind almost drifted off into a deep dream like state, which lasted until near the end of the massage. Guy

I would describe 'Indian Head Massage' as a relaxing and energising treatment in one. Susan



Healing is only two feet away.

**Reflexology** works on the principle that the anatomy of the body is mirrored on the feet and hands. Stimulating these reflex points relaxes the mind, body and spirit bringing relaxation, relief from stress and healing to the body. Improving the circulation and eliminating toxins allows energy and vitality to increase.

#### Reflexology Testimonials

Reflexology has been a most positive and beneficial experience. Not only has the chronic swelling in my leg improved greatly but the course of eight treatments has left me a more relaxed and positive person. Alison is a most professional, efficient and caring practitioner and I have no hesitation in recommending her 'healing hands'. Liz

I found the Reflexology sessions I received from Alison most beneficial and relaxing. On several occasions I found them so deeply relaxing I fell asleep-that was magical. Ann

#### HSE 'Labour Force Summary (LFS) 2011/12

Stress is a serious liability for any employer. The statistics of work related stress, depression or anxiety in Great Britain is 40% of 1,073,000 = 428,000.

**Pricing:** All services are priced at £10 per person for each 15 minute session. All clients are required to complete health questionnaire.