

## Welcome to LISTER WELLBEING

This leaflet has been created to provide you with enough inspiration and information so that together we can create the ideal treatment for you.

Or, you are welcome to use it as a menu and choose the treatment or treatments you want.

All our treatments are designed around touch, something that as human beings, we are often deprived of in this world of stress and uncertainty.

Safety for the client is at the centre of all we do, so a consultation will be necessary.

We are both happy to answer any questions that you may have.

Please contact either Jane or Carl to arrange your booking.

For appointments and further information:

Jane mob 07984 087820  
Carl mob 07932 632114

## About our Treatments

### NO HANDS® Massage

Founded by Gerry Pyves, *NO HANDS* is a powerful Massage of great depth without pain or discomfort. It treats the whole person, Body, Mind and Spirit. It is often called the deep, powerful, 'Gentle Giant'. Carl and Jane are *NO HANDS* Masters and Trauma Discharge Therapists, and have been trained by, and worked with, Gerry Pyves as therapists and trainers.

To find out more visit [www.nohandsmassage.com](http://www.nohandsmassage.com)

### Eve Taylor

Carl and Jane are proud to have trained with Eve Taylor, OBE. Her passion for our industry and her knowledge of essential oils and their properties have inspired us both.

Eve Taylor products are available to purchase from LISTER WELLBEING and [www.eve-taylor.com](http://www.eve-taylor.com)



# LISTER WELLBEING

JANE AND CARL LISTER  
Members of the NO HANDS® MASSAGE ASSOCIATION

### CLINIC ADDRESS

The Winsford Cottage Hospital, Dreybury Lane,  
Halwill Junction EX21 5XU

### DIRECTIONS

Please use the second gated entrance

**PARKING** is free, on the tarmac area.  
Enter the building via the steps

When you arrive for your appointment, please knock loudly on the Treatment Room door.

Jane or Carl will let you know as soon as they are ready for you.

For appointments:

Jane mob 07984 087820  
Carl mob 07932 632114

[www.listerwellbeing.co.uk](http://www.listerwellbeing.co.uk)

## One Hour Sessions

### Spring in Your Step Foot Treatment

Sheer bliss. Dry skin will be rejuvenated, and after an amazingly deep foot Massage, you will feel the benefits throughout your body. Leave the session, literally walking on air!

### High 5 Hand Treatment

Ease tension with this massage of the hands, and arms whilst exfoliating and nourishing the skin. Softer, smoother hands, and a sense of relaxation? High 5 to that!

### De-stress Back Treatment

Using a synergistic blend of mandarin, orange, thyme, lemongrass, cinnamon and lavender from the Eve Taylor range of aromatic serums. Collectively, these essential oils help to soothe the mind, strengthen the nervous system and aid in restful sleep.

## 1 1/4 Hour Sessions

### Aromatherapy

Aromatherapy is not a massage with Essential Oils, it is a total treatment of the face and body via the skin to relax, detoxinate, oxygenate and hydrate the skin. Ideally suited to those feeling stressed due to the many factors in modern day living. The appropriate Eve Taylor blend will be selected to treat.

### 4 Elements Treatment

Using a powerful combination of music and massage, you will be taken through the elements of Earth, Water, Fire and Air allowing your body to take what it needs from each element. A simple, effective way to find balance in this busy world.

### Reflexology

Stimulating the foot reflexes is as ancient as touch itself and can affect the whole body. The *NO HANDS* Reflex treatment takes traditional reflexology further. Experience the power without pain but deeper than you have ever felt! With the use of clear hand signals you remain in charge of the session so it is neither too deep nor too light for you.

### Massage

Choose from.....

**Structural Release** - unwind tension and free up your energy with the pain free Gentle Giant of *NO HANDS* Massage.

**Nurture** - a deep and flowing massage. Feel the stress being washed out of you by the deep, rhythmic movements.

**Connect** - slow, deep massage allowing you space and time to re-connect with your breath.

**Replenish** - Feeling exhausted, like you're running on empty? Still and gentle Air massage; a chance to replenish and recharge your body's natural reservoirs of energy.

## Two Hour Sessions

(Jane only)

### Pure Indulgence

Your Pure Indulgence starts with a flowing, nurturing massage covering the back and legs where carefully applied pressure will be used where it's needed most.

Once you are turned over and comfortably settled, your face and scalp will be massaged using formulations suitable for your skin type. A mask will be applied to moisturise and soothe.

The treatment concludes with a foot massage to relax and energise.

After a warm cup of herbal tea you will be ready to re-join the outside world.

### Space for You Indulgence

The ultimate in take care, this treatment will be created around you, just for you. Jane will help you choose your ideal treatments, whether it be a mix and match from any of the treatments listed, or something created just for you.

## Treatment Pricing

1 Hour Session	£35.00
1 1/4 Hour Session	£50.00
2 Hour Session	£70.00