

► **MANCHESTER**  
MON—FRI: 9AM-9PM  
SAT: 9AM-6PM

○ July

○ 2013

► 0161 861 0848  
www.anatomymanchester.co.uk  
info@anatomymanchester.co.uk

► **CHESTER**  
MON—FRI 7AM-9PM

► 01244 403830  
www.anatomychester.co.uk  
info@anatomychester.co.uk



*Manchester and Chester*

**July 2013**

### July's Special Offers

This summer we are offering you **3, 1 hour massages for just £100**, they will be given to you as gift vouchers valid for 3 months and you can use them at any point over their validity at either clinic. Or you can even give them to a friend!

As an extra bonus for just **£10 you can buy a 30 minute massage** for a friend who has not been to anatomy before! So if you have any friends who have not yet tried out fantastic services yet, you can get them this amazing offer so they don't miss out any more! It will be given as a gift voucher with three months validity to use at either clinic.\*

Our **personal training offer of 3 x 30 minute sessions for just £30** was so successful last month we are continuing for this month too! So if you want to give personal training a try, now is the ideal time at either clinic!

\*If your friends have been to anatomy before they will be asked to pay the difference upon departure.



### YouTube channel—Anatomy Chester

Anatomy now has its own YouTube channel. Here you can see some of the amazing exercises our personal training involves and how you can challenge yourself.

We also plan to put up taping techniques so you can see what is involved as well as your home exercises so you don't forget how to do your home work! If there is anything you really want to see on our channel please let us know

See <http://www.youtube.com/channel/UCBWfstSPOi1xHN6LIDcLCIQ> for details.



# Mum's (and Dad's) the Word

This month we have realised just how many of you are juggling children, lives and therapies. So we thought we would focus on how to get you through pregnancies and beyond. Whether you're expecting a little one, or have just welcomed a new addition to the family the experience is such a fantastic wave of emotions and brings a huge change to your way of life. Anatomy offers a range of **therapies** from **massage** through to **reflexology** to help throughout the pregnancy.

**Reflexology** works on your feet, it is an ancient Chinese practice that help balance the body and is thoroughly relaxing. In later stages of pregnancy it can be used to help with labour and some even say it might bring on your labour after your due date. This is a safe therapy through out your pregnancy.

**Massage** can be used in the second and third trimester of your pregnancy. It is a great way to relax and take some time out of your day and as we are open till 9pm you can have it just before bed time! There are even techniques we can use in the latest stages of pregnancy to help bring on labour, and I'm sure you will agree by this point anything is worth a try!



**Physiotherapy** and **injury rehabilitation** are allowed throughout your pregnancy. There are many changes going on in your body so exercises and treatment are altered to enable you to be comfortable throughout your session and still leave the clinic in a lot less pain and discomfort.

**Personal training** is also allowed throughout your pregnancy. Again we alter the exercises as you progress through your pregnancy, but we will leave you in excellent shape for birth and beyond. After birth you can always bring your children with you as the rooms are big enough for prams and beyond that Joe will even set up a mini assault course for you children as they get older of you are not able to get childcare. There is really no excuse to get back into shape!

**Acupuncture** is allowed throughout your pregnancy. So if you are experiencing knee or back issues during early stages of pregnancy and don't want a massage, why not try acupuncture which will work just as well to alleviate those aches and pains.

After birth we also offer fantastic **baby massage workshops** for mum's and dad's to participate in. Massaging your baby can give you time to relax and bond, bringing endless benefits. And it is the perfect opportunity for Dad to get involved!

And **Dads**, any of these treatments are just as good for you as during pregnancy and beyond we know you get forgotten, so treat yourself so that you are in the best possible state to help during the birth and beyond.



Phone reception on **0161 861 0848** or **01244 403830** for more details about how to book yourself in for any of our treatments.

## Anatomy Manchester

164 Manchester Road  
Chorlton  
Manchester  
M16 0DZ  
0161 861 0848  
info@anatomymanchester.co.uk

## Anatomy Chester

25 Egerton Street  
Chester  
CH1 3ND  
01244 403 830  
info@anatomychester.co.uk

## Your Anatomy Team

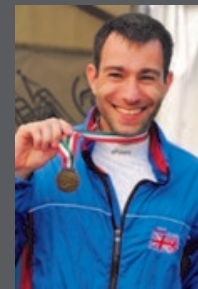


Jennie Lloyd  
Clinic Director  
07960 567 212

jen@anatomymanchester.co.uk



Amy Cowx  
Clinic Director



Joe Lloyd  
Personal Trainer



Jenn Fisher  
Sports Rehabilitator  
Office Manager



Jenny Devlin  
Sports Rehabilitator



Sarah Thrussell  
Sports Rehabilitator