

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

September 2015

► 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*

September 2015

## SEPTEMBER OFFER

As our August offer was so popular....

**Buy 1 hour of Reflexology and 1 hour  
of Massage for £60.00!**

Or

**Buy 1 hour of Indian Head Massage  
and 1 hour of Massage for £60.00!**

**Treatments must be purchased together but can  
be redeemed separately**

**Offer expires 30/9/2015**



## Insurance Companies

Just a reminder that if you plan to use an insurance company to pay for your treatment either directly or by way of claim back then our reception staff need to be aware of this when you book your appointment.

We are registered with many insurance companies including AXA, Aviva, Simply Health, WPA, Healthshield and Cigna however each company has their own policy and guidelines and may have restrictions on what treatment you can/cannot claim for and which registered body needs to appear on your receipt.

Help us to ensure that you can claim against your policy by discussing this with us prior to your appointment. Our receptionists deal with insurance claims regularly and will be able to advise you appropriately.

Thank you

# And Relax.....

We like to think we fix people. Tendonitis, Tennis Elbow, Sacroiliac Joint Dysfunction, Dequervain's Syndrome, Runners Knee, ITB syndrome etc.

But we also know that we are capable of more than that... We may be able to fix, or at least help more than think.

Reflexology is a relaxing and non-invasive therapy that works on pressure points on the feet and hands to relieve sources of discomfort in other parts of the body, allowing the whole body to be treated through the feet. It is an effective means for promoting good health and relieving stress.

Hot Stone Massage is a unique massage, designed to enrich the mind, body and spirit. Massage techniques are combined with the use of heated basalt stones and cooled marble stones to create a feeling of intense comfort, relaxation and stimulation. This goes further than the physical experience of general massage, to a deeper level of balance and well-being.

Lymphatic drainage massage, is an extremely light massage that works solely on the lymphatic system, it does not penetrate to the depth of muscle tissue. It is a one hour treatment that follows a set routine, clearing the lymph from the neck region first before clearing the full body and then ends by clearing the neck again. It is a useful treatment to boost the immune system, and helps to remove excess fluid, reducing areas of puffiness and swelling caused by water retention and especially after surgery. We also see many people diagnosed with Lymphoedema for this treatment.

Acupuncture is often used here as part of your physiotherapy or sports rehabilitation treatment. However our staff are also trained in other disciplines in which a lot of research has shown can help with migraines and headaches, as well as lower back issues and chronic osteoarthritis of the knee. Acupuncture can also be used for many different women's health issues from painful periods to hot flushes and it can even help with fertility. Some of our staff are also about to undergo training in oncology and palliative care acupuncture so that we can offer this to cancer patients.

Personal Training/Pilates may seem like a strange addition to this list but there is overwhelming research that shows physical activity can help with depression. During times when you feel unmotivated or depressed exercise is a great way to lift the spirits and boost your enthusiasm. Our 1-2-1 personal training or small Pilates sessions are a great way to get moving safely and with a friendly experienced teacher.

**We like to think that our clients trust us and feel comfortable in our care, not only for massage and rehabilitation. Please feel free to discuss any of the treatments listed with any of our therapists or with Sharon if you would like further information.**

## 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



Zoe  
Sports Rehabilitator



Sean Devlin  
Clinic Director



Matt Robinson  
Sports Rehabilitator



Charlotte Harrison  
Sports Therapist



Hayley Wild  
Sports therapist