



## MANCHESTER

MON—FRI: 9AM-9PM

December 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*

December 2015

### **DECEMBER OFFERS**

**AS USUAL WE HAVE LOTS OF TREATS FOR YOU....Including some brand new treatments!**

**OFFER 1. 1 Free PT session to all new clients.**

**OFFER 2. 3 X 30 min.massage = £55.00 in gift vouchers**

**OFFER 3. Trial a “No Hands Massage” for £30 (60 mins)**

**OFFER 4. Choose 2 of the following for £60.00:  
Massage, Reiki, Reflexology or Hot Stones**

### Christmas Opening Times

Christmas Eve	9am—2pm
Christmas Day	closed
Boxing Day	closed
Monday 28th	closed
Tuesday 29th	9am -9pm
Wednesday 30th	9am—pm
Thursday 31st	9am—2pm
Friday 1st	closed
Saturday 2nd	9am—5pm

Open as usual thereafter

Expires 31/01/2016, Ask at reception for details

### **Holistic Therapies**

Our holistic therapist, Lindsay, who has been with us for a few months now actually practices more treatments than we offer so we have decided to trial some of them here in Anatomy.

From December you can now book :

Hot Stones Massage

Reiki

“No Hands” Massage



# Review Of the Year 2015

I can't believe that it is that time of the year again already. And this will be my second personal newsletter of the year.

If you read the first one then no, I haven't been doing very well with my strengthening and yes I am still getting told off about it!

So, this year brought a few surprises - the main one being little Barnaby which kind of hampered Jen's plans to come back to practice. I hate to give secrets away but Jen has another little surprise due in Spring too!

As you may remember from last years' review, our management focus at Anatomy this year was staff training. I want to congratulate the team for the huge amount of effort and time they have put in this year learning all kinds of things from Lymphatic Drainage Massage to Biomechanical Assessments. This has become a permanent Anatomy fixture and we hope to extend our training modules even further this coming year.

We are also planning on expanding our treatment services to include Oncology with two members of staff training in Oncology Acupuncture, Lymphatic drainage, reflexology and massage. This is an area that is close to both myself and Jen's hearts and we are delighted that we have found the right learning providers to teach us and the right staff to train in this area.

We have also expanded our University Placements Scheme again this year. We feel it is really important for the upcoming graduates to gain the best and diverse experience they can, and it also provides our team with a great opportunity to refresh their academic knowledge and show off a bit!

We had some major administrative changes this year and as you are aware a small price increase -this was the first time we have increased prices since opening 8 years ago and we are very grateful that this has been accepted graciously. Apart from most of my hair turning grey I have coped pretty well with these.

What are we up to next year then?

Well, as well as the training, and placements we have a few plans up our sleeves that we'll keep to ourselves just now. An opportunity to work alongside a different professional discipline may be exciting for us and we have also been keenly looking to expand this year and the search goes on for the perfect place.

As for me.....I'll be joining a Pilates class :)

Many Thanks for your continued support and Happy Holidays!

## **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