



**COMBE
GROVE**

Treatments & Therapies

Thank you for taking an interest in joining
the health revolution at Combe Grove

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Treatments & Therapies

Emotional Freedom Technique

Emotional Freedom Technique combines ancient eastern philosophy with modern day psychology.

It is a method whereby the tapping of certain pressure points with the fingers, whilst focusing on a negative emotion, sends calming signals to the brain. This balances the body's energy system and transforms perception and mindset around a problem in a beneficial way.

With EFT, stress may be alleviated whether it be an emotional or physical issue and it can increase self-belief and confidence. It may help general anxiety, depression, sleep problems, digestive issues, weight issues or negative thought patterns, for example.

Causes of these could vary from difficult childhood experiences, loss of loved ones, marriage break-ups, stressful health issues or self- confidence issues.

An EFT session is carried out whilst seated. You will be taught to use the technique whilst being guided through your specific issues gently and safely, enabling you to feel relaxed and supported throughout the process.

Please wear comfortable clothes, drink plenty of water after a treatment and be assured that all sessions are completely private and confidential.



Nicky Minter

Emotional Freedom Technique Practitioner

Nicky sees clients for an initial session and if they find the techniques and methods helpful, ways to continue with EFT can be discussed after the session. Nicky is an EFT practitioner, a mindfulness teacher and a hypnotherapist.

She has been working with clients for 20 years, using her experience and intuition to help guide clients through challenges and assist them to increase a positive mindset. She teaches gentle and effective techniques to help them explore, process and transform the triggers and causes of emotional distress.

Aiming to help people to accept themselves as they are, take control of their problems and support them to move forwards with an empowered mindset and improved physical and emotional wellbeing.

Bach Flower Remedies

The Bach remedy system comprises 38 remedies, all unearthed during the 1920s and 1930s by Dr. Edward Bach, a renowned bacteriologist, physician, and pathologist. Each remedy is linked to a fundamental human emotion.

The remedies come in a liquid form, enabling you to blend the necessary ones to address your present emotional state.

The remedies are crafted using one of two techniques. Dr. Bach introduced the sun method for certain plants, primarily the more delicate flowers. This process entails placing the flower heads in pure water for three hours, directly under sunlight.

For other remedies, involving woodier plants and those blossoming in weaker sunlight, he established the boiling method. In this approach, the flowering parts of the plant are boiled for half an hour in pure water by a remedy maker.

In both instances, the heat facilitates the transfer of energy from the flowers to the water. The energised water undergoes filtration, and an equivalent amount of brandy is added as a preservative, resulting in the creation of the mother tincture.

The mother tincture undergoes additional dilution, with a ratio of two drops per every 30ml before being bottled.

Reiki

Reiki

Reiki is an energy healing technique that originated in Japan. It clears blockages and supports the body's natural healing process.

Studies have shown a positive benefit to the nervous system, calming and relaxing the mind and body, decreasing heart rate and promoting balance.

Reiki isn't specific to any type of condition or illness but works on an individual at all levels – physical, emotional, mental and spiritual. During a session, a client lies fully clothed on a couch (or seated if preferred) and the therapist holds their hands over the body with occasional light touch. In some cases, you may feel heat, cold, tingling or pulsing.

It's a gentle and non-invasive therapy with no pressure or manipulation and most people feel extremely relaxed and peaceful after a session.

Practitioners



Caroline Metz

Reiki

Caroline has a passion for natural health and the ability of the body to heal itself given the right tools and support. She is especially interested in how our emotions affect our physical health. Dedicated to prevention as well as alleviating conditions Caroline aims to provide you with information and to guide and support you to optimum health in a holistic way that works for you. Her approach is non-judgemental, calm and compassionate.

Structural Integration

Structural Integration (SI) or Myofascial Release alters the structure of the body, for example where natural movement is reduced or very repetitive the fascia may become dense and strained which can increase tension. SI will work to enable longer lasting ease of movement.

The way we move and interact with our environment shapes our fascia and can affect its formation positively or negatively. Where there is tension, everything else must compensate which makes overall movement more difficult and potentially painful. SI is useful for any musculoskeletal movement issues, for example, neck and jaw tension, shoulder problems, spinal, rib and pelvic issues, knee and foot problems.

Applying suitable fascial techniques softens and hydrates the fascia which also helps to calm the nervous system. This creates 'space' for both movement and the breath which is integrated during the session.

It has become increasingly important to bring more movement back into daily living, given how the stresses and challenges of modern life impede our movement ability.

Each session begins with an assessment of the current body pattern to identify areas of restriction. The work is carried out in direct skin contact where convenient, or through light clothing. It is therefore best to lose or non-restrictive clothing. A treatment will leave you feeling gently energised, more grounded and with renewed mobility.



Nicki O'Clarey

Structural Integration Practitioner

Nicki has an avid curiosity and respect for human biology having studied movement and exercise science along with various somatic movement practices for over 30 years.

Nicki particularly likes to explore methods that awaken the senses and the body's natural movement pathways endeavouring to find ways to bring the work from Structural Integration sessions into home practice and daily living. Believing that maintaining movement potential and feeling connected helps us remain adaptable is key to being able to move more easily through life.

Nicky also specialises in Scar Tissue Therapy, a dedicated form of fascial work that incorporates a range of specific techniques to ease restrictions, increase hydration and restore mobility. It uses light touch to stimulate circulation and lymph flow to activate the immune and the nervous system to promote further healing.



Osteopathy

Osteopathy supports and promotes the body's remarkable abilities for self healing and self regulation. It can be applied to almost anything and anyone to facilitate optimal health and wellbeing.

Patients will have an opportunity to discuss pain management strategies and receive advice on exercise specific to their complaints.

Osteopathy looks at the biomechanics and dynamic equilibrium of how we move and hold ourselves in daily life, and sporting situations. The subtle and powerful cranial sacral approach seeks to balance the internal mechanisms of the fluids and tissues.

During the one hour session that includes an initial consultation, we will learn about what you wish to gain from treatment and how the Practitioner can help and support you. The Practitioner will agree on a treatment plan with you so that you will be fully involved and comfortable with the treatment.

It's best to wear loose, comfortable clothing, we might ask you to undress some items of clothing, if appropriate and if you feel comfortable with that.

Osteopathy



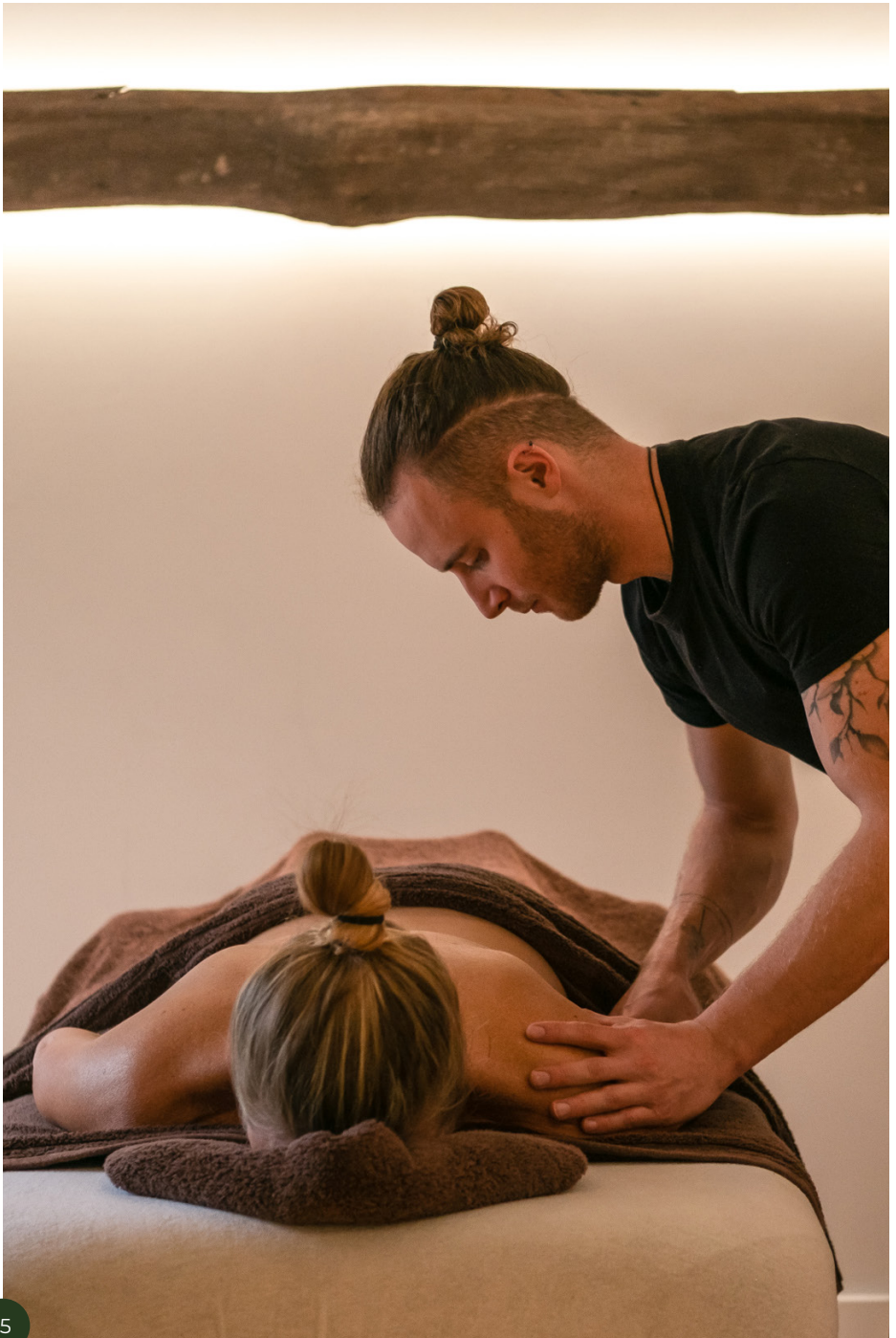
Victoria Kent

Osteopath

Victoria is a multi-disciplinary osteopath with over 25 years' experience, specialising in women, babies and children.

Having graduated from the British School of Osteopathy in 1998, she started her professional career with two of the UK's leading osteopathic clinics. At the Penn Clinic (Hatfield, Herts) she specialised in cranial osteopathy and babies and was directly mentored by Caroline Penn for 4 years. At the Kane and Ross Clinic (Wimpole St and Sloane St London) she focussed on pregnancy and post-natal care of mothers and newborns, working in direct conjunction with obstetricians from renowned hospitals The Portland and St John & Elizabeth's.

Returning to her hometown of Bath in 2005 she ran her own practice for five years, The Victoria Kent Clinic.





Oscar Marcus

Osteopath

Oscar's journey into the realm of healthcare began with a deep passion for movement, humbly inspired by the study of martial arts and Eastern philosophies.

After gaining experience in the field, Oscar's curiosity and reverence for the human body propelled him to pursue a master's degree in Osteopathy, a journey marked by both challenges and profound insights.

Oscar's ongoing commitment to learning and his dedication to helping others understand their bodies and their innate capacity for self-healing remain central to his mission. With reverence, he strives to empower individuals and animals to unlock their potential for adaptation, self-healing, and wellbeing.

Reflexology

Reflexology is a therapeutic method which clears restrictions to the natural ability to create good health by stimulating pressure points on the feet and hands which correspond to the body's systems.

It is profoundly relaxing, powerful for relieving tensions, pain and feelings of confusion or disorientation. Afterwards, you may feel relaxed, rejuvenated and energised, with restored mental clarity.

Reflexology works through pressure points (reflexes) to affect the body, which holds the energy of the mind and emotions.

A session lasts an hour. Sitting in a reclining reflexology chair your feet or hands will be massaged and points manipulated by touch appropriate to your needs whilst Rosalind focuses on the causes of illness and pain.

Reflexology is very effective for easing stress related conditions, anxiety, back pain, digestive problems, breathing issues, headaches, migraines and many other issues.

Reflexology

Practitioners



Rosalind Oxenford

Reflexologist

Rosalind combines her years of professional experience with an empathetic and nurturing presence. She has the amazing ability to recognise where life's stresses are held in the body and to gently ease them with the most intuitive of touches. She is highly experienced in holistic medicine and with a background in healing and homoeopathic training.

Having qualified in 1990 Rosalind is a member of The Association of Reflexologists and set up her own training school, The Bath Reflexology Centre, in 1995. She has written two books on reflexology.

Rosalind has been instrumental in setting up the Combe Grove wellness practitioners' portfolio and is always happy to share her wider holistic knowledge with her clients and colleagues.



Shiatsu

Shiatsu is a Japanese acupressure therapy that is a floor based treatment and aims to restore balance on an energetic level by working on the meridian system. It is founded in traditional Chinese medicine that includes all aspects of life, therefore the Practitioner may address a variety of lifestyle factors.

This touch based therapy is centred around rebalancing the energetic system by working on certain meridians which are said to be a manifestation of any sort of imbalance, whether that be physical, emotional, mental or spiritual.

In a shiatsu treatment, one can expect gentle full body stretches, joint articulations, palming techniques and acupressure points.

It is a one hour session that includes an initial consultation.

This treatment only requires loose fitting clothing. You need to be comfortable getting up from the floor as the treatment is performed on a futon.

Shiatsu

Cranial Sacral Therapy

Cranial Sacral Therapy works with the subtle, involuntary motions in your body that we believe to be the expression of health in the tissues. You can imagine it like a cellular breath of expansion and contraction that is present in every single body part. With cranial sacral treatment, we aim to encourage this free expression of the tissues to support the body's self-healing capacity.

Cranial Sacral principles consider health from a holistic perspective. This practice aims to find where the self-healing mechanism of the body might be impaired and help the body to restore its natural balance. During Cranial Sacral treatment you may be offered manual techniques that work with your joints, muscles, bones and connective tissues. You will have an opportunity to discuss pain management strategies and receive advice on exercises specific to your complaint.

During the session, we will take a case history and learn about what you wish to gain from treatment and how I can help and support you. We will agree on a treatment plan together so that you will be fully involved and comfortable with the treatment.

It is best to wear loose, comfortable clothing, you may be asked to undress to a degree, if appropriate and if you feel comfortable.



Alexandra Rose

Shiatsu and Cranial Sacral Therapist

Over 25 years ago Alexandra's work with horses inspired her involvement with Healing and Shiatsu. Her passion is to support your unique healing journey. Alexandra offers you a safe space in which deep-seated patterns are recognised and transformed, conditioned beliefs unlearned.

The treatments are deeply nourishing and beneficial for people of any age, even for those who are fragile or in acute pain. They can be used preventatively and for the underlying causes of a wide variety of conditions: stress and pain management, recovery from surgery, long-term illness, depression, anxiety, poor sleep.

The treatments support and complement any psychotherapy or Western medical treatment you may be having. With Alexandra, you can build up an empowering repertoire of practical, effective tools, which you may choose to integrate into your daily life.

Naturopathy

The Naturopathic approach to health explores your mental/emotional, physical and biochemical health and how this in turn affects your vitality. Naturopathic treatments have been tailored to work with your programme here at Combe Grove and will last for up to one hour.

Abdominal Massage – if you are struggling with feeling a level of constipation or bloating with the change in your diet, the Practitioner will work with abdominal massage to gently help your gut start moving. This is also a very calming treatment that may benefit you if you find stress goes to your gut. Practitioners will work with a combination of breathing techniques, Reiki, fascia release and massage to help you release that emotional tension you may be holding there.

Lymphatic Cleansing Massage and Castor oil pack – supporting your lymphatic system and your liver. This treatment will start with the Practitioner using lymph pump and massage techniques to promote lymph flow and drainage before applying a castor oil pack over your liver area, gently supporting you if you are feeling any detox symptoms.

Naturopathy

Naturopathic Constitutional Hydrotherapy – this treatment involves using water as a healing medium. You will be lying on your back to start with while hot towels are applied to your abdomen. Cold linen is then applied and you are wrapped up cosy and warm as the body works to warm up the linen on your belly. The process is repeated on your lower back. This treatment improves circulation to the area with the change from a hot to a cold stimulus, encourages the immune system, helps to remove waste products from the body and sends more oxygen and nutrients to the tissues in the area. It is supportive for any gut or liver problems or lower back pain.

Practitioners



Lucy Peel

Naturopath

Lucy has a BSc in Naturopathy and an MSc in Nutritional Therapy. She is registered with the General Council and Register of Naturopaths (GCRN).

As a Naturopath, Lucy uses a toolbox of treatments to help bring the body back into balance depending on the person's health needs. This includes naturopathic nutrition, detoxing and cleansing, therapeutic massage, fascia release, breath work and breathing, lymphatic cleansing, naturopathic hydrotherapy, Bach Flower remedies, yoga and Reiki.





Person Centred Counselling

Counselling is a talking therapy that can empower you and help you gain a better understanding of issues or challenges that you may be facing. This is done by exploring, expressing and reflecting on your thoughts and feelings relationally with the counsellor in a supportive and confidential space. For many people, coming to counselling is the first time they may feel truly heard, accepted as they are, and fully understood.

Counselling



Lisa Kibble

Person Centred Counsellor

Lisa is a committed and compassionate counsellor trained in 'person-centred counselling' which means you are supported to bring what you need to. With warmth and without judgement, Lisa creates a safe and nurturing space where individuals can explore their thoughts, emotions and challenges, with the aim of enabling you to make the changes you wish to make in your life.

Each individual's journey is unique, and Lisa's integrative training which draws on a range of theories, means that counselling sessions are tailored to meet your own specific needs and goals.

Through active listening and empathic understanding,

Lisa helps clients to gain insights into their feelings and behaviours, leading to increased self-awareness and the development of healthier coping mechanisms.

Lisa completed a BA in Fine Art and practised as an artist before training as a counsellor. As well as her private practise Lisa has worked with a local youth charity for the past four years counselling young adults. She has experience of working across a wide range of client issues, and also has a particular interest in a holistic approach. Seeing the whole person through a holistic approach means working with the person's experience and feelings in relation to all parts of themselves; emotional, mental, physical and spiritual. She also has a special interest in working with adults with diagnosed or suspected ADHD.

Lisa is registered with The British Association of Counselling and Psychotherapy and abides by their code of ethics.

Physiotherapy

Physiotherapy, dating back to 1896, has evolved into a diverse field covering a range of healthcare modalities. It emphasizes manual therapy, exercise, and holistic understanding of body movement. This comprehensive and individualised approach underscores physiotherapy's commitment to improving mobility and overall well-being.

In a standard Physiotherapy session, Barry will normally assess how you stand walk and balance, along with testing general muscle strength and flexibility, therefore dressing in clothing that allows him to clearly see areas of the body clearly is very useful (shorts and vest top are normally good).

Following the assessment, you can look together with Barry, at what needs to be done and this can be a combination of manual therapy and exercise therapy.



Barry Edwards

Physiotherapist

Barry believes in not treating just the injury, but in understanding what caused it in the first place. After graduating in 1998 with a BSc (Hons) in Physiotherapy and completing an MSc in Sports Science and Injury in 2006, Barry has worked within the NHS, for the Army, and for the University of Bath where he worked for 18 years in elite sport.

Additionally, Barry worked as a Personal Trainer, Gym Instructor and group Exercise Instructor for over 30 years, also having trained in Acupuncture and modified Pilates.



Francesca Orlandi

PSYCH-K Practitioner

Francesca is a psychotherapist, and she trained in EMDR therapy. Her areas of interest and expertise are childhood trauma and intergenerational trauma. She believes in healing modalities, like PSYCH-K®, that seek to include all parts of the self in the process of transformation: mind, body and spirit. The core principle is that we are not isolated but connected to others and all life around us.

Francesca has a private practice in Bath, working with young people and families. She is a UKCP (United Kingdom Council for Psychotherapy) and BACP (British Association for Counselling and Psychotherapy) member.

PSYCH-K

PSYCH-K® is a self-healing modality aimed at reprogramming any limiting subconscious belief or perception you have that is related to a physical, mental, emotional or spiritual condition. These beliefs often sound like mantras of limitations and internal negative self-talk, usually acquired early in life and which persist into adulthood, below the level of our consciousness. As a result of past limiting programming, we often think and behave in self-defeating ways, and despite many attempts, we cannot halt them.

In a PSYCH-K® session, through muscle testing and a range of simple techniques (called Balances), you can access and get the information from your inner wisdom (Higher Self) about what you need in life to override the limiting belief and then transform this goal into a language that is understood by the subconscious mind. The next step is telling your subconscious mind to safely and effectively integrate this goal into your daily life. PSYCH-K® demonstrates that aligning your subconscious beliefs with your conscious wisdom and goals is necessary. When you move in the desired direction through the 'action steps' we establish in the session, you will find support where you have before encountered resistance.

In a PSYCH-K® session (75 minutes), we will work on a specific theme, and it includes a follow-up call after three weeks. A five-session package is available if you wish to work on multiple issues. Sessions are held in person at Combe Grove or online via video call. Please wear comfortable clothes, stay well hydrated by drinking water before and after the session.



Richard Napper

Homeopathy Practitioner

Richard is a fully qualified and registered Homeopathy Practitioner. He graduated from a three-year professional training with the School of Homeopathy, Devon in 1988, completed post-graduate training and practice supervision from the Dynamis School of Homeopathy, Malvern in 1990, and is fully registered with the Society of Homeopaths (RSHom) since 1991.

Registered members commit to a strict Code of Ethics and Practice and agree to practise in accordance with the Society's high occupational standards and criteria.

Homeopathy

Homeopathy is an effective and scientific system of healing which assists the natural tendency of the body to heal itself. It recognises that all symptoms of ill health are expressions of disharmony within the whole person and that it is the patient who needs treatment not the disease.

The practice of homeopathy has been established for over 200 years, and remedies act by stimulating the body's own healing potential. This stimulus will assist your own system to clear itself of any expressions of imbalance. The aim is to get you to a level of health so that eventually you will need infrequent treatment.

It is recommended that you maintain your relationship with your GP who can arrange any tests or X-rays you might need, and by working in this way the two systems of health care can provide complementary services.



Massages

Massage

Bespoke Aromatherapy Massage | 60 minutes / £68.00

This is a free style full body massage created to suit your needs and designed to ease aches and pains and cleanse the lymphatic system. Our therapists will use a blended oil of your choice from our Made for Life range.

Swedish Massage | 60 minutes / £68.00

This is a therapy using long strokes and kneading to encourage and improve blood circulation. It also aims to relieve muscle tension, to stretch tight ligaments, and ease emotional stress.

Deep Tissue Massage | 60 minutes / £68.00

Applying firmer pressure and slower, more concentrated strokes alleviates chronic aches, pains and stiffness increasing mobility in tight joints.

All Practitioners Treatments | 60 minutes / £75.00

Massage

Combe Grove is a centre for integrated health and wellness located in the Bath countryside, overlooking the Limpley Stoke Valley. We are committed to providing our members with the opportunity to rest, restore and reset in an area of outstanding natural beauty in Bath, a double UNESCO World Heritage City.

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