

NATURE TO NURTURE AROMATHERAPY

CLINICAL & HOLISTIC MASSAGE

# ONLINE SELF CARE THERAPY

Helping You To Help Yourself



## Does It Work?

"Proactive self management approach for chronic conditions including musculoskeletal pain & arthritis has positive results, with participants reporting improvements in pain symptoms, confidence to manage their pain, health status, anxiety & depression " (Bourne 2012)

- One-to-one personal weekly sessions
- Via online video call
- Full Package: consultation, detailed research, personalised treatment plan & follow-ups
- 6 week course of treatments
- Improvements usually after 2-3 weeks
- Unsure? Try for 3 weeks first

## How?

## Using?

- Self Massage | Myofascial Stretching & Release
- Trigger Point Release | Gentle Exercise
- PNF (Proprioceptive Neuromuscular Facilitation)
- Physiotherapy & Rehabilitation Techniques
- Acupressure | Aromatherapy | Natural Products
- Meditation & Mindfulness | Breathing Techniques

- Open to anyone
- Preference for non contact treatment
- Shielding
- Vulnerable
- Elderly
- Distant locations

## Who?

## What?

- Chronic & Acute Pain | Injury
- Muscular Aches & Stiffness
- Headaches & Migraine | Jaw & Facial Tension
- Stress | Anxiety & Panic attacks
- Insomnia & Sleep Issues | Lifestyle Coaching
- Fatigue, ME, Fibromyalgia | Specific Conditions

## HELP TO IMPROVE YOUR ISSUE OR REDUCE YOUR PAIN

A wide range of issues can be helped with Online Self Care  
Contact Me To Discuss or Book:

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<https://nature-to-nurture.co.uk/online-self-care-and-wellness/>