

TAMARIND NEWS

CACI Spectacular
Experience the latest up to date techniques on Mon, Tue and Fri with our 2 for 1 CACI offer. Book either individual treatments or a half price course, ie: £46.00 for 2 treatments or a course of 10 for just £230. OFFER ENDS 15th July

De Stress and Relieve aches and pains with a Sports/Deep tissue Massage Tom Langler will be on hand to offer 'taster sessions' in Sports Massage in May. Book a 50 minute treatment for £15.00. Now is the time to book friends, husbands and partners in to reap the benefits of this treatment!
Treatments with Barbara Harmes as usual

NEAT FEET
Get your feet into top shape before the Summer with our Tamarind Prescription Pedicure offer. Book 3 for the price of 2 (Save £30) Available Mondays, Tuesdays and Fridays . Offer ends 30th June

We are currently updating our mailing service, if you would like to continue receiving our newsletter or would prefer to receive it by email then please let us know on your next visit or give us a call.

SPRING CLEAN YOUR BODY !
Is your skin feeling dry and dull from the Winter months? If so, add a 20 minute detoxifying green tea body scrub to any facial treatment or before any massage treatment to leave you feeling refreshed, revitalised and ready to expose silky smooth skin for Summer. A must have add on treatment for just £15.00. OFFER ENDS: June 30 2008

HAVE FUN AND GET LEARNING AT TAMARIND!

HELEN VINTNER EATON is offering great, fun, informative morning or evening courses at Tamarind

Helen is a craniosacral therapist, aromatherapist, reflexologist, nutritional advisor, reiki master/teacher, Indian Head masseuse and teacher/writer.

Helen ran a busy natural therapy clinic in Sussex for 12 years and was principal tutor of ISIS College of Natural Medicine. Formerly an editor of Organic Life magazine and award-winning journalist, Helen still writes regularly for national publications. She also does work for Cancer Buddies Network and Cats Protection.

Helen is keen to impart her knowledge to others in a fun, easy going, social environment and is offering Morning and Evening Courses as follows:

COST £20 per session inclusive of £10 voucher and complimentary gift and refreshments.

Natural stress busters

Wed May 28 (10am-12.30pm)

Tips and techniques for releasing stress and tension – wherever you are!

Reflexes for common ailments

Wed 11 June (10am-12.30pm)

Reflex points you can use yourself to relieve colds and sinuses, headaches, back and shoulder ache, stress...

Everyone's a healer – yes, you too!

Mon 14 July (7-9.30pm)

Useful ways to help heal yourself and others

Natural first aid remedies

Wed 6 Aug 10am-12.30pm)

Oils and herbs to keep at hand for emergencies

Other topics for people to put their names down for future dates:

— **Best essential oils to have at home plus how and when to use them.** —

— **Simple meditation and visualisation** —

TWO-DAY COURSES (10-4pm)

REIKI I - (31st May-1st June and 20-21 September)

In first degree Reiki, you learn about healing yourself and others and receive attunements to Reiki energy. The two days are relaxing and informal with small groups, giving you plenty of time to experience and enjoy the art of healing.

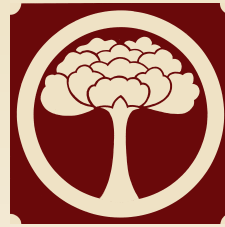
2 Days - £145.00 (includes manual) - 10am – 5pm

REIKI II - (28-29 June)

Second degree workshops further strengthen the energy and you learn the ancient symbols and absent healing. Like Reiki I, the two days are relaxed and informal and you can go on from here to become a Reiki Practitioner. The groups are small and tailored to the individuals participating.

2 Days - £160.00 (includes manual) – 10am – 5pm

FOR MORE INFORMATION OR TO MAKE BOOKINGS, PLEASE CONTACT TAMARIND 01444 233060 or Helen Vintner Eaton on 01444 457889



Introducing a new lifestyle concept-

AYURVEDIC THERAPIES

Tamarind can now provide a range of genuine Ayurvedic therapies that we believe should be part of everyday life for people who want to become, or stay healthy. Our primary aim is to get you looking and feeling healthier.

Ayurveda literally translated means 'science of life'.

It originated more than 4,000 years ago, and is an old Indian health system. It treats the whole person working individually and holistically, combining nutrition, herbal remedies, yoga and massage. Ayurvedic principles hold that each person has a particular pattern of energy – an individual combination of physical, mental and emotional characteristics known as a constitution (Dosha). Our aim at Tamarind is to provide oilation of the body and Marma point massage to help balance your constitution or Dosha type. We use natural organic Tri Dosha oils with ingredients harvested from both India and closer to home in the West Country. Ayurvedic philosophy is that we should only put on our skin what we put in our mouth.

To fully appreciate the benefits you need to experience the

treatment first hand. We are introducing the treatments and are offering 25% off. A full Ayurvedic treatment price list will be forwarded to you within the next few weeks, but to start, we are offering:

Marma Abhyanga – an 80 minute full body oil massage to balance and energise the body Cost: £50 (usually £67)

Shirobhyanga – a 30 minute ayurvedic seated head massage. Cost £25 usually £35

Peethabhyanga – a 30 minute ayurvedic back massage. Cost £25 usually £35

Other treatments available: Shirodhara (third eye treatment), Pinda sweda (Pummelling massage), Padabyhanga (lower leg and foot massage), Mukhabhyanga (face massage), Soundaryam Vardhini (organic deep cleansing facial), Udvartana (deep cleansing scrubs) and Samvahana (synchronised 4 hands oil massage)

To find out more we suggest coming to our.....

TAMARIND OPEN EVENING

Come along for a fun, informative evening with bubbly and nibbles. Learn about our new Ayurvedic lifestyle philosophy that is now part of the Tamarind experience. We'll provide tips

for your well being, watch a demonstration of our Samvahana 4 hands massage and meet our fantastic therapists who will be on hand to give loads of advice. Helen Vintner will be

hosting an informative 15 minute talk on 'Natural Stress Busters' - how to use essential oils around the home and on ourselves and family to relieve stress and have a 'chilled out' Summer.



Tuesday May 13

We would love to see you – Your friends and family are more than welcome
Time: 7pm – 9pm stay as long as you wish, goody bags and raffle, complimentary bubbly and nibbles. Please let us know as soon as possible if you wish to come along as numbers will be limited.

Telephone or email
enquiry@tamarindtherapies.co.uk