

**CATHERINE MAJTENYI will be available on TUESDAYS:**

"I've been practicing oil, aromatherapy and on-site massage on and off since qualifying in 1992. I've always thought of and believed in massage as a positive, natural step towards well-being and very much look forward to trying to fill a gap for Liz while she's busy having her baby. I approach every massage holistically as I believe that the heart and mind speak through the body, and that by encouraging healing of the heart and mind as well as the body, massage can enable us to experience a deeper sense of ease and oneness in ourselves. However, if someone comes to me with a particular injury or specific pain I will, of course, pay special attention to it and/or the surrounding area in order to stimulate the natural healing process.

My qualifications are: ITEC (International Therapy Examination Council) Anatomy, Physiology and Body Massage Diploma, ITEC Diploma in Aromatherapy, Physical Therapy Foundation Course in the Techniques of On-Site-Massage. I have also worked as a photographer and as costume supervisor at Norwich Theatre Royal and have two daughters aged 9 and 12."

**CRISTAL WEBB will be available on WEDNESDAYS:**

"I am passionate about massage and its potential to bring the body and mind back into a state of balance. I am particularly interested in the way the body holds mental and emotional resistance to what is, as physical tension and how massage can help bring about release on all levels.

I enjoy combining deep tissue work and relaxing soothing strokes with healing energy to give a profoundly relaxing and rejuvenating massage. Every massage is unique and will always be tailored to your specific needs at that time.

My foundation training is in Holistic Massage, Anatomy and Physiology with the Massage Training Institute and I have completed courses in AyurYogic Massage, Deep Tissue Massage, Shiatsu into Massage, Hands-free Massage, Seated Chair Massage and Reiki 1, 2 and 3 all of which inform and enrich my practice.

I look forward to meeting you soon."

**KIT ADAM will be available on two out of three THURSDAYS:**

"My journey with complementary therapies began in 2001 when I trained in Reiki. This led me to study massage and in 2002 I qualified in Holistic Massage with the Massage Training Institute (MTI). Massage then started to take over my life in a very positive and delightful way and, keen to learn more, I trained in Aromatherapy Massage and Seated Acupressure Massage. I have subsequently qualified in Spinal Touch, Manual Lymphatic Drainage, and attended a course in deep tissue massage. Since 2008 I have been a tutor for the Massage Training Institute, and now fit this in alongside my work as a therapist for Norwich Mind.

I am passionate about massage and aim to give each person a tailor made massage to suit their needs. I tend to use a combination of the skills I have gained to deal with the various conditions that people present - and this can be different at each visit. I believe each person is an individual and therefore deserves an individual treatment."

**AMANDA CALVER will be available on two out of three FRIDAYS and SATURDAYS:**

"I began my career with an I.T.E.C qualification in Holistic Massage, and have been practicing as an holistic bodywork therapist continuously since 1990. In 1992 I qualified in Aromatherapy, and in 1995 I became a member of The Sports Association having studied Soft Tissue Manipulation with the celebrated Osteopath Leon Chaitow. Whilst working in Tunbridge Wells at one of the UK's first Integrated Health Clinics, I went on to study Tradis Healing, Zero Balancing, and did a diploma in Counselling.

I am interested in how the body and the mind interact and how best to reconcile and integrate the two in order to enhance health. All my training has centred strongly around bringing relief to the physical body and understanding energy dynamics in relation to overall health and wellbeing. My quest to increase my own understanding and translate this into my therapeutic practice never ceases, and today I am working to complete my Masters Degree in Psychotherapy. I look forward to meeting you."

**NB ALL BOOKINGS CAN BE MADE ON THE USUAL CLINIC NUMBER: 01603 616126**