

Lotus Therapy Centre

Caerphilly, South Wales

Holistic Therapies & Natural Health Solutions



Our Health is our greatest Wealth.

So it's worth investing in!

Tel: (029) 21 660 760

Email: info@lotustherapycentre.co.uk

Above Shop Holistic, Unit 30, Venture Wales, Bedwas, Caerphilly CF83 8GF

About Our Therapists:

Danielle Bryant (Holistic Dani):

Dani is an holistic therapist qualified in Nutritional Therapy, Kinesiology, Reflexology and Homeopathy and she has a diploma in Holistic Diagnosis Skills. She is also qualified as a Reiki Master/Teacher, Angel Master/Teacher and Hatha Yoga Teacher. She has practiced Yoga since 1997, and her path of study and research began back in 2005 with Reiki Healing. Her path continues today as she is currently a student of Advanced Aromatherapy, Massage Therapy and Nutrition for Cancer Prevention and Longevity with plans to further study Herbalism, Chinese Massage and Acupressure. Dani is an original co-founder of Shop Holistic and along with her qualifications and study, she has extensively researched into Body Detox and Natural Health for the business. Dani has had a colourful personal health journey including persistent candida, fibromyalgia and more recently breast cancer (which she cured naturally, of course), the experiences of which have enabled her to empathise with and advise others who are challenged with health problems. She is a health freedom activist, spreading awareness of Natural and Alternative health through public speaking, through writing her book *Holistic Well-being: A Paradigm Shift* and *The Holistic Show* on Youtube! More info at www.HolisticDani.co.uk



Beth Bryant (Bee Holistic):

Beth is Danielle's daughter and is the Customer Services Director at Shop Holistic. As a second generation therapist, she has grown up with an understanding of nutrition, natural health, Yoga and spiritual concepts from an early age. She is a Nutritional Therapist, having taking a slightly different route to her mother and learning from a scientific approach. So her sessions are also very different, using medical history, current conditions and many other factors to work out what deficiencies and/or toxicities you may be suffering. Her sessions include a full written report. She qualified in Nutritional Therapy in 2015, having already completed her diploma in Indian Head Massage in 2014, and has been attuned and trained to Reiki II level since 16 years of age. She has just completed a diploma in Aromatherapy Massage, and will be offering this shortly. All her massage services include Reiki Healing. She is continuing her studies with a slightly different focus in Beauty Therapy and Make-up Artistry which follows her keen creative interest in natural beauty and make-up, and now offers a tutorial style Youtube channel focusing on cruelty free cosmetics and homemade items.



Beth has personally had issues and health problems such as candida, which have enriched her understanding and given her personal experience which she can draw upon for her clients.

For more information, visit www.beeholistictherapies.co.uk

About Our Testing Services:

Hair Mineral Analysis Testing

The hair mineral analysis service offers a simple way of checking your body's mineral levels and toxins from a simple analysis of a hair sample. It is a clinically proven laboratory test, analysed by a laboratory doctor and further analysed and reported on by Dani. Hair Analysis can help show up any hidden deficiencies before they cause problems. A hair analysis test will also show whether you have accumulated any toxic metals, for example mercury, lead or aluminium.

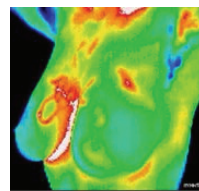
This gives you a unique perspective on your health that would otherwise be hidden. The results come in the form of several graphs and include a laboratory report and a personalised report with supporting nutritional, supplement and detox advice.

Hair tests can be requested through Dani or Beth.



Thermography

Thermography, also known as Thermal Imaging, is a harmless, painless, contactless screening tool. It uses a thermal imaging camera and digital infra-red heat map technology to detect potential disease and pinpoint pain and injury sites – often before the symptoms appear. This allows for rapid clinical diagnosis and treatment. While X rays, ultrasound and mammography show us the structure of the body, they will miss such things as active inflammation and an increased blood supply found in many illnesses. It is set apart from any other screening tool because it can help you to see how your body functions and could help to detect any dysfunction or disease at its earliest stage. It has been shown to be effective as an adjunctive breast screening tool at detecting benign vs. malignant breast abnormalities. Thermography is carried out by qualified thermographers from Thermalogica.co.uk



About Our Therapy Room:

Located above Shop Holistic in a quiet, warm and cosy room with a lovely large velux window offering natural light, our therapy room is equipped and decorated with your relaxation and well-being in mind. From the grounding and natural colour scheme, to the pure wool carpet, Himalayan salt lamps and soft lighting, there is even a powerfully healing sacred geometry image of Metatron's Cube and the Flower of Life situated behind your head when lying on the massage couch! There is a waiting area for your convenience, and a screen for privacy when changing if you need to.

Bookings: Please contact us by phone or email, or you may contact the therapists directly.

DANI - info@holisticdani.co.uk, (07903) 781678

BETH - beth@beeholistictherapies.co.uk (07904) 635855

THERMALOGICA: info@thermalogica.co.uk (01392) 330656

MENU & PRICES 2017

By Danielle (Holistic Dani):

Natural Health & Lifestyle Consultation with Kinesiology – 2hrs	£50
Therapeutic Massage only as part of full session +30mins	+£10
Follow-up Sessions – bespoke by agreement	£30-£50
Hair Tissue Mineral Analysis	£69
including 2hr Consultation – with Kinesiology (if needed)	£110
including consultation before and after hair test (approx. 2hours each)	£130
Reflexology – 45mins –1hr 30min	£25-£35
Reiki Healing – 1hr	£30
Reiki Tuition up to Master/Teacher level – approx 6hrs	from £100
Emotional Freedom Technique – anything up to an hour	£15-£30
Angel Guidance Reading, (may include EFT) – 45mins-1hr	£25-£30

By Beth (Bee Holistic):

Nutritional Therapy Consultation with written report – approx 1hr	£35
Follow-up Sessions – up to 45mins	£25
Indian Head Massage with Reiki	
(tailored to suit, with or without oils) 15mins, 30mins, 45mins	£15, £20, £25
Aromatherapy Massage with Reiki	<i>Bespoke Treatments available</i>
Focused Small Areas (approx 15-20 mins)	£10
Facial / Problem Areas	
Larger Areas (approx 30 mins)	£20
Full Neck Back & Shoulder / Legs & Feet / Arms & Hands	
Deluxe Massage (approx 45 mins)	£25
Full Neck Back & Shoulder	
Full Body Massage (approx 1 hr)	£35

Thermography:

3-monthly clinics beginning 24th April 2017.

Further information and prices at www.Thermalogica.co.uk