

# *L* *tus* 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](mailto: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](http://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 taken 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. She is currently studying Aromatherapy Massage and has just completed a Make-up course, 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.

# About Our Clinics & 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, or lead or perhaps 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.

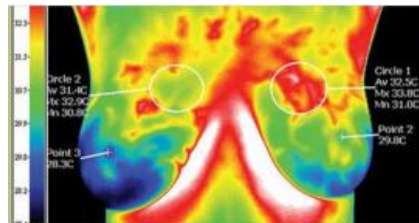
## Thermography

With the growing concerns of inaccurate diagnosis, unnecessary radiation exposure, carcinogenic and other harmful effects of mammograms, Thermographic imaging has become very popular as a safe, non-invasive alternative – and can actually tell a lot more than mammograms can. The thermal imaging picks up differences in metabolism and activity within the body and so conditions, illnesses and disease can be picked up at the very early stages. When something is picked up so early, we can easily turn our health around for the better.

It is useful not just for breast cancer screening, but for an in-depth look at the root of any condition within the body. It is suitable for men, women, children any age. It is entirely non-invasive and safe.

Thermography clinic is run by qualified thermographers from Medscans.co.uk. The images are reported on by doctors who specialise in reading thermal images and a full report is sent to you within a few days of your thermography imaging appointment.

Bookings are made direct with Medscans.co.uk tel: 0333 8003003, a deposit of £50 is required. Please mention Shop Holistic referred you when you call!



Thermograms: Safer, More Accurate than Mammograms

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

DANI - [info@holisticdani.co.uk](mailto:info@holisticdani.co.uk), (07903) 781678

BETH - [beeholistic94@gmail.com](mailto:beeholistic94@gmail.com), (07904)635855

**Room Hire:** Please contact us if you would like to hire our therapy room. Room Hire is charged per hour at a rate of 20% of your hourly charge to clients.

# MENU & PRICES 2016/2017

## By Danielle (Holistic Dani):

**Natural Health & Lifestyle Consultation** - up to 1hr 30mins **£40**

(making changes for Optimum Health, Relief from Chronic Complaints, Longevity and Cancer Prevention - includes Nutritional Therapy, kinesiology, and any other therapy required)

**Follow-up Sessions** - approx 1hour **£30**

**Kinesiology 'MOT' check** - approx 1hr **£30**

**Hair Tissue Mineral Analysis** including **£95**

up to 1hr Consultation - with Kinesiology (if needed)

**Reflexology** - 45mins-1hr **£25**

**Reiki Healing** - 1hr **£30**

**Reiki Tuition up to Master/Teacher level** - approx 6hrs **from £95**

**Emotional Freedom Technique** - anything up to an hour **£15-£30**

**Angel Guidance Reading, (sometimes includes EFT)** - 45mins **£25**

If you are unsure which therapy or path is right for you, or whether I am the right therapist for you, I am happy to offer a FREE 10-15 minute initial preliminary consultation with no obligation

## By Beth (Bee Holistic):

**Nutritional Therapy Consultation** - approx 1hour **£35**

(includes full written report)

**Follow-up Sessions** - up to 45mins **£25**

**Indian Head Massage** - 15mins-45mins **£10-£25**

(all sessions tailored to suit, with or without aromatherapy oils)

**Aromatherapy Massage** - COMING SOON!

## Mobile Clinics hosted at Lotus Centre:

**Thermography by Medscans.co.uk** - approx 1hour **from £195**

(includes full doctor report and optional phone consultation)

**3-monthly clinics: Dates for 2017: 14th Feb, 16th May, 15th Aug, 14th Nov**