

► **MANCHESTER**
MON—FRI: 9AM-9PM
SAT: 9AM-6PM

○ September | ○ 2013

► 0161 861 0848
www.anatomymanchester.co.uk
info@anatomymanchester.co.uk

► **CHESTER**
MON—FRI 7AM-9PM

► 01244 403830
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Manchester and Chester

September 2013

September Special Offers

Aromatherapy massage

This month we are offering you free aromatherapy oils on any standard massage. This means you can have your normal amazing deep tissue massage with the added benefit of some lovely balancing oils blended to your personal needs!

Personal training

Now that the Children are back to School there is no time like the present to start planning that Christmas Party Dress! So we are offering you **5 sessions for £100** at any time across both sites with either of personal trainers! Now there really is no excuse!



Back to School relief



It's that time of year again. The kids are back at school – which means **time off for parents!** But it also spells the possibility of colds and common bugs picked up in the school yard.

Here is a great tip our Aromatherapist that can help with common nasties that trawl the playground:

An **all-round blend** for nasty viral and parasitic ailments is **Lavender, Bergamont and Tea Tree**

All three essential oils have fantastic properties that help to ward off, soothe and disinfect many common school yard nasties. If you would like more information about our **Essential Oil Aromatherapy Blends**, please phone reception on 0161 861 0848, or you can ask **Jackie** or **Jennie** our expert Aromatherapist.

I've got a **date** with **Anatomy** – What do I **wear**???

This is a question we often get asked when booking appointments. And different appointments have different requirements so here is a quick guide to certain fashion rules to follow when you have a 'date' at Anatomy.

If you are coming in for:

INJURY REHABILITATION TREATMENT it is essential that the therapist has direct access to the area/s of the body that the injury is affecting. This can be tricky as the area where you may be experiencing the pain, may not be the area where the injury has occurred. It is best to come prepared with shorts, loose T-shirt that is easy to remove or comfortable top. General rule of thumb – sporty clothing that is also flexible is often the best!

MASSAGE it is best to dress in loose long sleeved clothing that is easy to remove and redress. Long sleeves also help to prevent sun burn if it is a sunny day. Remember that your massage time includes the time it takes to undress, so to gain the most out of you massage time it is best to wear clothes that take less time to remove.

If you are ever unsure and need some advice, just ask our 'fashion experts' at reception and we can guide you into the latest Anatomy trends!

Paracetamol or Poke?

Sciatica is a common term used by doctors to cover a multitude of sins. Most common cause is a trapped nerve in the back which can present in referral pain elsewhere in the body such as the legs, hamstring and calves, lower back and even the groin.

Many people think that this can be treated with paracetamol and many doctors prescribe pain killers to relieve the pain. This will give you temporary relief however recurrences are likely to occur.

Normally sciatic type pain can be cleared up within two to three sessions of Injury Rehabilitation and our back rehabilitation course gives you exercises that address and correct the causes of sciatic pain and prevents it from recurring.

Want to know more? Speak to one of the team for further advice on 0161 861 0848 or 01244 403830.



Anatomy Manchester

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Your Anatomy Team

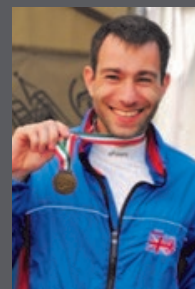


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