

# Body & Sole

## Body & Sole Expands Range of Treatments Available

**BODY and Sole relocated to Ashfield Lodge in July 2010 to expand their range of treatments. Extensively refurbished to the highest possible standards, the quality clinic surpassed all expectations and provides three treatment rooms and a pilates studio/rehabilitation gym.**

Melissa has incredible integrity and honesty and follows the "client-centred approach" to its maximum potential. "I am extremely qualified and experienced in what I practice and how I apply my skills and techniques, but my clients' needs are the most important aspect. I give the best **quality, care and time**. Clients should feel valued, listened to and respected. Ultimately, that they know they have received real value for money treatments.

I have spent months interviewing to find therapists with the same principles, beliefs and quality approach to practice. I am extremely pleased to present the new team of highly skilled qualified practitioners."

All the team exude the same client centred approach and passion about their treatments. The enthusiasm and energy is strong and vibrant. They all have a genuine calling to help people feel better. They practice the holistic approach to address the physical, physiological, emotional, and psychological aspects.

Michael Elliott likes to talk on the telephone first followed by consultations of a minimum hour for £30. He prefers to apply various gentle techniques. He only manipulates "cracks" when absolutely necessary. He refrains from intensive Chiropractic neck adjustments.

Mike Potter has practiced since the 1970's. He spent time studying in China. He practices Traditional Chinese Herbal Medicine and Japanese Meridian Acupuncture. He learnt from Old masters in each discipline.

Jib is from Thailand and regularly trains at famous Thai training schools. Viktoria has lived and worked in the UK as a Nurse for twenty years. In

between she spent twelve years working on boats around America and the Caribbean. She had many experiences that led to study hypnotherapy. She discovered her forte "specialising in areas of physical issues; pain, phobias, stress, anxiety and depression, which has an emotional or spiritual source".

Jacque is recently qualified in Holistic therapies yet her passion and life experiences are drawn together to give the client wonderful treatments. Ian has worked hard to retrain in health and fitness and has a strong ethos to help others feel the benefit of exercise and improve their "quality of life". He has shadowed in the gym intently to learn the Rehabilitation approach to exercise.

Victoria the podiatrist works in all aspects of the feet including hard skin removal, corns and bunions. Victoria also specialises in alignments of bones in the feet.

Read more at [www: bodyandsole.org.uk](http://www.bodyandsole.org.uk). Phone: 01626 572800 to make a booking. Melissa is still keen to meet other practitioners to enhance the range of services and treatments available but space is going fast!



● Melissa from Body and Sole

### Victoria Allen

HPC registered Podiatrist/Chiropodist

Specialising in general and diabetic footcare, in-growing toenails, corns and callus, fungal infections, biomechanics and orthotics.

For more information or to book an appointment please contact Body & Sole on 01626 572800

### Michael Potter

MSc; BA (Hon), LicAc; DipCHM; MBAcC; MRCHM

Registered Acupuncturist

~ Member of the British Acupuncture Council ~

### Thai Massage • Aromatherapy Back and Shoulder Massage Thai Foot Massage

Receiving a Thai Massage is a bit like doing Yoga without putting in any effort - the effect is uniquely relaxing as well as energising.

See for yourself at my practice at Body and Sole

Call me, Jib 07935 923 503

### CHIROPRACTOR

Dr M Elliott BSc DC

NOW AVAILABLE AT BODY & SOLE.

Offering a range of modern, effective, affordable pain management services.

Shiphay Chiropractic Clinic

Tel: 01803 615605 • Mob: 07949 064252

### GYM INSTRUCTOR

Recovering from an Injury? Need to improve your core stability, body shape and performance?  
Improve your muscle strength, fitness and balance?  
Reduce aches and pains?

If you answered YES to any of the above then visit the gym at BODY & SOLE

NO MATTER WHAT YOUR STARTING POINT I CAN DEVISE A TRAINING PLAN TO SUIT YOU.

For information or to arrange a visit contact reception on 01626 572800 or alternatively contact me direct on 07738 584736.

### JACQUELINE SMART

COMPLEMENTARY THERAPIST

Reflexology • Hot Stone Massage

Swedish Massage

Aromatherapy

at BODY & SOLE

01626 572800

079289 68922



MEMBER

### Victoria Hartridge

Dip. Hip. Qualified Hypnotherapist

MEMBER OF THE HYPNOTHERAPY SOCIETY

Specialising in Pain and Stress Management

CONTACT: 01626 572800

Ashfield Lodge • 12 Torquay Road • Newton Abbot

# 01626 572800