

**CHANGE OF USE OF FORMER CHAPEL, STAINTONDALE TO HOLISTIC THERAPY CENTRE**

Proposal to open a Holistic Therapy Studio / School

My first career was as a primary school teacher, however I began my holistic therapy training in 1995 and since then have completed many certified courses and now teach the therapies as well as offering them myself.

I became the first European certified Quantum-Touch instructor in 2004 and regularly teach this healing modality, having had students travel from as far away as Nigeria, St Lucia, the West Indies and many parts of Europe.

I have based my therapies and teaching in Sandsend, near Whitby for the last 7 years however since moving to Staintondale in October 2009 I have been looking for a venue closer to home.

We are at the moment experiencing a time where many people are feeling the pressures of life. Stress related illness is a huge concern for employers, the government and individuals. My work involves helping people to de-stress, relax and maintain balance and health, an appropriate peaceful environment is therefore necessary to facilitate this work.

The Old Methodist Chapel in Staintondale, I believe, would be the perfect venue for a therapy studio and school. The size of the building is ideal, large enough to accommodate classes of 12 when needed, but also small enough to be economical to run and cosy enough for one to one therapy/teaching.

The quiet rural location of Staintondale is also perfect for teaching and therapies, a lot of my practise includes relaxation and meditation work, this is much easier to offer in a peaceful environment. Many of my past students/clients chose to come to Sandsend because of the picturesque location, this being an important part of the feeling of taking time out. Staintondale, and the chapel building itself, offer a sense of stillness and of stepping away from the hustle, bustle, speed and pressure of general everyday life.

The Old Chapel is on a bus route which makes access by public transport accessible too.

I am appropriately trained and insured and follow a strict code of conduct set out by the professional associations of which I am a member. (The Healer Foundation and the British Complementary Medical Association).

**Di Wilson (married name Di Fox) B.Ed (hons), M.Ed**

**July 2010**

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NYMNP

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## Why Holistic Therapy?

Holistic Therapy works in many ways, and continues to amaze people at the effect it has on their health and their lives. Healing works on emotional and mental levels as well as the physical. Treatments can powerfully help with stress related problems (insomnia, anxiety, depression) and where pain is involved, either physical (e.g. frozen shoulder) or emotional (e.g. bereavement).

You do not need to be ill or stressed to have treatments; regular sessions will help you to maintain a sense of balance and well-being. Holistic therapies help you to take more responsibility for yourself and promote a happier and healthier life.

If you are not sure which treatment will be best for your needs this can be discussed on your first appointment.



## Di Wilson

Originally a primary school teacher Di started her therapy training in 1995. Di is very experienced in her therapy work having had the privilege of working with clients from all walks of life. She enjoys offering a variety of treatments and also teaches a variety of therapies and classes, she was the first Quantum-Touch instructor in Europe. Di is insured and a member of the British Complementary Therapy Association. Di's aim is to provide a caring, supporting and healing space in which you can relax, revitalise and further your own healing. If you have any queries regarding a treatment please feel free to call or email:

[di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com) / 07941 196890

N.B. Payments can be made with card, cash or cheque. Appointments cancelled less than 24 hours before the arranged time will be charged for.

To make your appointment with Di please call Barons Health and Fitness Centre:

01723 357740

**GIFT VOUCHERS AVAILABLE**



If you are interested in health and well-being please ask Di for a Forever Living Products brochure. Our range includes drinks, nutritional supplements, skincare, beehive products, make-up, animal and home care plus weight management.

Forever Living is committed to quality and purity and offers this wide range of Aloe Vera products all with a complete money back guarantee. Items can also be purchased from the website, see below.

## Learn Reiki / QT Yourself

Anyone can learn how to have healing hands J Doctors, nurses, dentists, therapists, teachers, vicars, accountants, mums, dads, children & Quantum Physicists have attended my classes! Healing can help you whatever your walk of life. No previous experience needed.

For more info and dates of classes please

see:

[www.thehealingschool.co.uk](http://www.thehealingschool.co.uk)

# Holistic Therapy for Mind, Body, Spirit



@ Barons  
Health & Fitness Centre,  
Scalby, YO13 0NL  
01723 357740

*“walk in, float out”*

## Hypnotherapy / NLP - £40

Hypnotherapy & NLP are very relaxing ways of overcoming a variety of problems. From phobias to addictions, weight issues to poor self-esteem. These techniques help bring balance and peace into your life and help you to be emotionally free of anything negative. Step into your power and book a session now! Please note SMOKING CESSATION is £80

## Emotional Freedom Technique (EFT) - £40

The Emotional Freedom Technique is a meridian based therapy which involves tapping energy points in order to release unwanted thoughts, feelings, emotions, phobias etc. EFT is very simple, but powerful, often bringing quite unbelievable results! In a session the therapist shows you how you can use these techniques for yourself. Do you have any thoughts, feelings, hurts that limit you in any way? EFT is recommended for anyone with phobias, fears, migraine, pain, addictions, anxiety, depression, lack of confidence, biting fingernails etc. 'EFT is amazingly quick and easy, after a lifetime of claustrophobia I am free, thanks Di'

## Hypno-Massage - £45

Enjoy a body massage as you experience hypnotic suggestions regarding an issue you wish to work with, e.g. a house sale, procrastination, weight loss, time management, money worries, confidence boosting etc.

## Indian Head Massage - £22 or £35

Based on a traditional form of head and shoulder massage practised in India. Indian Head Massage focuses on the upper back, shoulders, neck and head. This massage de-stresses the whole body. IHM helps to un-knot blockages and remove tension, it even helps to oxygenate the brain improving concentration. Treatment either 30 mins or one hour.

## Japanese Hand & Arm Massage - £30 or

£35 Japanese hand Massage is a unique blend of massage, Shiatsu and hand reflexology aiming to reduce stress, increase deep relaxation, improve circulation, cleanse the body of toxins, balance the whole system and increase energy. This can be a stand alone treatment of 40 mins or topped up with Reiki for an hour's session.

Combinations of any of these treatments can be made eg. Half hour QT and half hour massage (£38) most 90 minute combinations are £55

## Quantum-touch® or Reiki - £40

'Di has magic hands, my pain has gone.' Prince Serge of Yugoslavia

Energy healing involves the transference of concentrated and natural healing energy. Energy is channelled through the hands which are gently placed on the client. This energy then clears, straightens and heals the energy pathways of the body; allowing life force to flow in a natural and healing way. Treatments help to cleanse the body of toxins and release blockages. Put simply the treatment activates the body's natural ability to heal itself. Quantum-Touch and Reiki are powerful in working with physical and emotional issues. Quantum-Touch is especially good at relieving pain, inflammation and tension. If the body is out of alignment QT helps the bones to slide back into place.

## Energy Healing Massage - £40 body / Back

£30

if you are over-worked, stressed or tense you must try this massage! Combining healing work and massage this treatment is perfect for someone in need of healing who loves the touch of gentle massage. This is beautifully nurturing experience where you feel completely loved and cherished. This treatment is unique to Di Wilson and not to be missed! The back massage is 40 mins, the one hour body treatment includes back, head, neck, hands and feet. Include the facial for the ultimate relaxation experience - just £60 'That was such a relaxing experience and this is the first time I have been without pain in as long as I can remember.' Comment from client with arthritis.

## SPECIAL OFFER

Pay in advance for a series of treatments:

8 x £40 treatments for £100

3 x £35 treatments for £90

## Energy Healing Facial - £40

(Include Energy Healing Massage - £60)

Combining healing, massage, hot flannels and Forever Living Products (these are a combination of Aloe Vera blended with the finest ingredients available to revitalise and protect the skin). This is a blissfully relaxing treatment which will leave you and your skin feeling wonderful!

## Holistic Massage - £35 body, £22 back

Holistic Massage treats the whole person; mind, emotions, body and spirit. Massage is beneficial particularly for areas of tight or aching muscles. Massage leaves you feeling uplifted, calm and nourished, your stresses and strains are simply stroked away. Massage helps to break down stored up tension in the muscles and also helps to detoxify the body and improve circulation.

'I have had massages all over the world, the ones from Di Wilson are the best I have ever experienced.' QT/Massage client

## Thai Foot Massage - £30 or £35

Thai foot massage is actually a massage of the hands, legs and feet that originated in Thailand about 2000 years ago. It's part of traditional Thai massage and has elements of shiatsu, reflexology, Chinese massage and yoga incorporated into the massage itself. Treatment 40 mins or with energy healing one hour.

## Aromatherapy Massage - £40

A soothing blissful full-body massage using pure essential oils blended to your personal requirements.

## Hot Stone Massage - £40 body / Back

£26

Water heated basalt stones are used to massage the body, providing a nurturing and enhanced therapeutic effect. The direct heat from the stones relaxes the muscles, allowing manipulation of greater intensity than regular massage. Stone massage is deeply relaxing, helping you to let go of the stress held within your body.

## Hot Stone Back Massage & Healing -

£40

Experience a hot stone back massage and then have half an hour of healing work. Gentle and relaxing this is a perfect way of feeling pampered and stress free.

## Healing Hot Stones - £40

Hot stones are placed on the body and used to massage the head, face, hands and feet. Healing energy is then offered, sending you to a place of pure peace and relaxation, you will adore this treatment!

