

**"Therapy is basically love and meditation; for without love and meditation no healing is possible."**

**Osho**

**About me - Elizabet C Doherty**

I am a fully qualified and insured massage therapist that tailors different treatment for different individuals, respecting each unique way of getting better. No treatment will be the same, as everyone has different needs. How do you want to feel? What does make you feel better?

For me, treating someone makes me feel calm, peaceful but full of energy. I believe that the effectiveness of the treatment lies on the connection between patient and practitioner. When I start a massage treatment I switch off from anything around me and I just concentrate in caring for the patient lying on the couch.

**"The body is the source of your whole life. From the body you can move to your being. If you want to reach your being, begin with the body." Osho**



## **Welcome to Being Natural**

Our physical bodies are the expression of our inner feelings. The stress we are exposed in daily life makes us feel sometimes disconnected from our wisdom and our inner strength.

To relax and unwind is to recover this inner power, to be able to get back into balance.

Being Natural means to be relaxed and connected, to feel no separation between mind, body and spirit. Being Natural is to be balanced, enjoying life in "full potential"!

**Elizabet C Doherty**  
**ISRM - APNT**

Call direct 07701052446  
info@beingnatural.co.uk  
www.beingnatural.co.uk

**Sports and Remedial Massage**

**Therapeutic Massage**  
**Pregnancy Massage**  
**Lymphatic Drainage Massage**



£40 per 60 min  
£25 per 30 min

## Sports and Remedial massage and Therapeutic massage

These therapies involve different techniques to release tension in the body, improve blood circulation, remove wastes from muscles, increase mobility of the muscles, specially after injuries, reduce scar tissue formation after recent injuries and surgeries, help rehabilitation, relief stressed areas of the body, among others.

Anyone can benefit from this therapy.

- If you are a semi-professional or professional sports person, the treatment will help you recover from your training or competition, by helping removing acid lactic formation, reducing muscle tension by stretching and relaxing the muscle, improving blood circulation.

- If you work in an office, and spend long hours in front of the computer, these therapies might help you relief shoulder tension by mobilizing and stretching the muscles, not just on your shoulders, but also in your neck, arms, legs, hands and fingers.

- If you had any kind of injury, sports and remedial/therapeutic massage techniques will be very beneficial for your rehabilitation.

## Pregnancy Massage

This therapy provides mind and body support to women during ante and postnatal period. The treatment includes:

Pregnancy exercises: during pregnancy they help the body to adjust to the growing uterus/baby and to the body structural changes due to the effect of the different pregnancy hormones. During the last trimester, the exercises are very helpful to encourage the baby to turn into the right position, to help open up the pelvis encouraging the baby to engage, getting ready for labour; to name but a few. These exercises can also be taught to birth partner to be used during labour.

Visualizations: to deepen breathing and supporting the connection between mum and baby; to help mums to be aware of the changes in their bodies; to support mind in letting go of any fears that might interfere with pregnancy and labour, creating a moment where mum can rest and relax.

Massage strokes to relief muscle tension and relax the mind.

Energy work based on Chinese medicine (shiatsu) to improve body balance and connection;

## Lymphatic Drainage Massage (LDM)

LDM is a very gentle kind of massage, which uses very light pressure and rhythmic strokes. The benefits of this therapy include:

- Increased lymphatic flow, eliminating toxins from the body and boosting immune system;
- Reduced cellulites by reducing water retention;
- It has been used in the treatment of lymph edema, which makes it very useful during and after pregnancy.