

Holistic Therapies

Therapeutic Massage
Aromatherapy Massage
Massage in Pregnancy
Seated Acupressure Massage
Indian Head Massage
Reflexology

“The cure of any part should not be attempted without treatment of the whole.

No attempt should be made to cure the body without the soul and if the head and body are to be healthy you must begin by curing the mind.”

Plato

Louise Crookart

BAHONS TIDHA IFPA DIP OSMA

After a successful career in the design world working with many large corporate organisations with their identities, exhibitions and marketing material, Louise became qualified as a holistic practitioner of Aromatherapy in 1999 graduating from The Tisserand Institute in London.

Since this time she has enlarged upon her knowledge of holistic health care with Reflexology, Seated Acupressure Massage, Indian Head Massage and Reiki Healing.

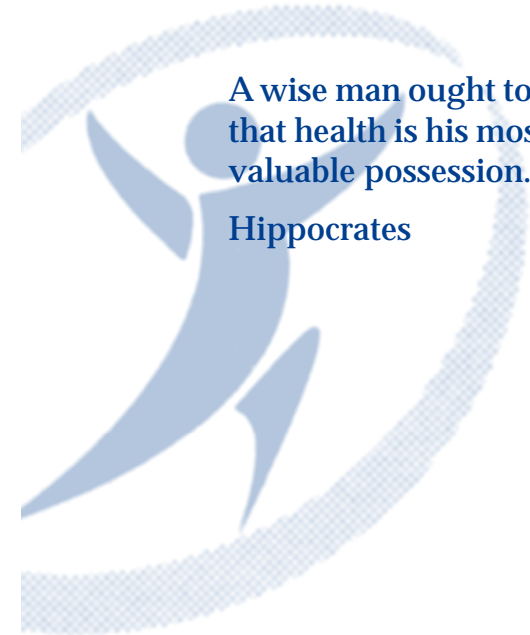
She is a full member of the International Federation of Professional Aromatherapists (IFPA) and Aromatherapy Organisations Council (AOC) and is fully insured and abides by their strict code of conduct.

Louise works in many diverse areas bringing a holistic approach to health care from palliative cancer care, through to therapies in the corporate business environment and also runs a busy private practice in Twickenham.

Holistic Therapy

A wise man ought to realise that health is his most valuable possession.

Hippocrates



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Therapeutic Massage

Massage is one of the oldest ways of attaining and maintaining good health. It is a natural healing instinct to rub an aching shoulder. It improves circulation, relaxes muscles, aids digestion and, by stimulating the lymphatic system, it speeds up the elimination of waste products.

The healing effects are not all physical. The combined psychological benefit of touch and being cared for, quickly produce the feeling of well-being unmatched by modern drugs.

By working on all these levels of well-being in addition to the physiotherapy offered at Body Logic a true holistic approach in maintaining a healthy state in body and mind can be achieved.

Aromatherapy Massage

The use of special plant extracts called essential oils are found in certain plants. Containing no synthetic chemicals, they work in harmony with the body.

The oils are absorbed into the blood stream via the skin and lungs, from there they have access to all parts of the body. The aromas also have been shown to influence the function of the brain therefore effecting emotions and stimulating the nervous system.

When combined with therapeutic massage the oils help to bring balance to all aspects of the mind, body and spirit.

Massage in Pregnancy

During pregnancy, women can suffer many types of ailments from fatigue, aching muscles to swollen ankles, to name just a few. In addition, increased stress levels due to the psychological effects of pregnancy can prove challenging at this life-changing time.

Therapeutic touch can relieve the discomforts of pregnancy through massage. Aches and pains can be soothed, emotions nurtured and tensions lifted. The effect of all these help to prepare mother and baby for labour and make the postpartum period less difficult.

Seated Acupressure Massage

Given through the clothes in a seated position, this is a stimulating treatment specifically designed to target work related aches, stress and strains.

It is based on a traditional Japanese acupressure massage called Anma, applied by the therapists thumbs, hands and elbows. The treatment works to improve the flow of energy throughout the body and acts additionally on the muscular, nervous and circulatory systems with the use of over 60 acupressure points to the upper body, .

Tense muscles relax, blood circulation is increased and organs of the body are toned helping to promote a sense of well-being.

Indian Head Massage

This ancient technique is used to strengthen and condition hair, help with scalp conditions as well as ease pain and tension to the head, neck and shoulders.

It uses specific techniques and acupressure massage which relax tense and stressed muscles, stimulating the circulation to these areas and unlocking any stagnant energy creating a wonderful sense of well being and relaxation.

It is not uncommon to feel tired or emotional after a treatment, this is due to the release of toxins and the cleansing, relaxing nature of the healing energy.

Reflexology

Reflexology is a holistic science utilising the feet and hands as a microcosm of the body. Used for thousands of years, it has its roots in Chinese medicine. It is a natural, non-invasive science of stimulating reflex areas in the feet and hands that correspond to organs, glands and body parts.

The therapy is a wonderful way to reduce stress, improve circulation and restore balance by stimulating the thousands of nerve endings in the feet and hands.

The reflex areas are connected to all parts of the body via energy pathways or channels. By stimulating these reflex areas through a type of compression massage, the therapist is able to clear the energy channels and allow the body's own healing energy to flow unimpeded.