

## Massage Therapies

Statistics tell us that 90% of disease is stress related. Human touch in a context that is safe, professional and friendly can be incredibly therapeutic and relaxing; soothing anxiety and depression by the body releasing endorphins promoting natural healing.

Massage options include:

- Deep Tissue Massage
- Hydrotherm Massage
- Swedish / Holistic Massage
- Cupping Therapy
- Ayurvedic Marma Massage using Pinda Sweda pouches, allow 1.5hrs
- Ayurvedic Head and Face Massage

Price for treatment: £60.00 per hour  
£70.00 per hour and a half

## Derma Roller together with Cosmetic Acupuncture

Medical Micro Needling improves cellular function and promotes the production of collagen, which is directly involved in the healing process. Saying goodbye to lines and wrinkles, sun damage, pigmentation, acne scars and stretch marks is easier than ever, thanks to this exciting non surgical skin regeneration procedure.

This therapy offers amazing results without the inconvenient 'down time' that comes with more aggressive Laser treatments and Chemical Peels.

**Initial treatment:** £200, with up to 5 follow at £180.00 per hour and a half session.



### Treatment Rooms

Sarah offers treatments at three Tunbridge Wells Salons. Please feel free to contact the Salon that is most conveniently located for you to make an appointment. See [www.sarahclifford.co.uk](http://www.sarahclifford.co.uk) for current treatment days and hours at each venue.

### Mirror Beauty

Pantiles House, 2 Nevill Street, Tunbridge Wells. TN2 5TT  
**Call: 01892 517 444**  
**Email: [mirrorbeauty@btconnect.com](mailto:mirrorbeauty@btconnect.com)**

### Flow Yoga and Treatment Centre

29 Woodbury Park Road, Tunbridge Wells. TN4 9NQ  
**Call: 01892 671 764**  
**Email: [hello@flowtunbridgewells.com](mailto:hello@flowtunbridgewells.com)**

### Sarah's Home Clinic

**Call: 0794 126 7819**  
**Email: [sarah@sarahclifford.co.uk](mailto:sarah@sarahclifford.co.uk) or**

More information on all Sarah's therapies visit  
[www.sarahclifford.co.uk](http://www.sarahclifford.co.uk)

Your first treatment will include a free half hour consultation and diagnostic before your initial treatment. Sarah is a qualified member of the Society of Auricular Acupuncture and the Complementary Therapists Association.



**Sarah  
Clifford**  
complementary  
therapist



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Sarah Clifford MSAAc, M.CThA  
Complementary Therapist

## A holistic bespoke approach to a healthier and happier way of living.

Sarah Clifford began her fascination with the harmony of the mind, body and spirit well over ten years ago. After practicing Reiki for many years in Asia, Sarah was introduced to Auricular Acupuncture in regard to treating addictions. Whilst witnessing the incredible success of this treatment, she carried on to finish the Comprehensive Diploma in Auricular Acupuncture together with ElectroAuricular Therapy.

This then led to an interest in Ayurveda therapies. The purpose of Ayurveda is to connect the body, mind and spirit. Once this balance has been reached, it encourages wellness and prevents illness.

Bringing together these two therapies, with a range of other complementary treatments, enables Sarah to develop bespoke therapy programmes tailored to suit each individual.

Your first treatment will include a free half hour consultation and diagnostic before your initial treatment.

Sarah is a qualified member of the Society of Auricular Acupuncture and the Complementary Therapists Association.

Email [sarah@sarahclifford.co.uk](mailto:sarah@sarahclifford.co.uk)  
or visit [www.sarahclifford.co.uk](http://www.sarahclifford.co.uk).

Connect your mind, body and spirit and live your life to the full.



### Auricular (ear) Acupuncture

Auricular Acupuncture is a specialised complementary therapy where acupuncture points on the outer ear are treated to help relieve many chronic and acute complaints. Being a microsystem there are 200 points on the ear corresponding to an area of the anatomy. The outer ear acts like a switchboard to the brain. Each point being treated triggers electrical impulses from the ear via the brain to the specific part of the body being treated.

Effective in the treatment of:

- 🌿 **Addiction**
- 🌿 **Detoxification**
- 🌿 **Headaches/Migraines**
- 🌿 **Allergies, Asthma**
- 🌿 **Skin Disorders**
- 🌿 **Weight Management**
- 🌿 **Anxiety**
- 🌿 **Depression**
- 🌿 **Digestive Disorders**
- 🌿 **Inflammatory Muscular Skeletal Pain**
- 🌿 **Liver Disease**

**Price for treatment:** £60.00 per hour

### Reiki Healing

Reiki is the Japanese Universal Life Force Energy channeled through the practitioner to the patient loosening blocked energies and stimulating the body's own natural ability to heal itself. It's a natural system of hands on energy treatment, which can help to improve your sense of well being and promote positive feelings at a spiritual level.

**Price for treatment:** £50.00 per hour



### Zimbate Healing

Zimbate is an ancient healing art that is translated as 'A Path Towards A Truth'. Zimbate can be used with no regards to past, present or future. A more intense energy healing, for positive change.

**Price for treatment:** £50.00 per hour

### Ayurveda

Ayurveda is a 5,000 year old natural healing system and is a Sanskrit word meaning 'Science of Life'. Every initial consultation explains the principles of Ayurveda and discovers which of the three Doshas, or body constitutions, Vata, Pitta and Kapha, which are attached to the elements are dominant in you. Dietary and lifestyle advice are then explained in depth.

Ayurvedic treatments include:

- 🌿 **Ayurvedic Diagnosis**
- 🌿 **Ayurvedic Marma Massage using Pinda Sweda pouches**
- 🌿 **Ayurvedic Head and Face Massage**

**Price for treatment:** £60.00 per hour

### Mind Detox

Mind Detox Therapy consists of powerful questions asked between a Mind Detox Practitioner and Client to discover and heal the negative beliefs (often hidden in the more subtle realms of the mind) to let go of problems and stress and instead to enjoy more peace, happiness and life success. If you believe that there could be a mind-based cause for your current physical issue then Mind Detox could benefit you.

**Price for treatment:** £60.00 per hour