

Our therapists are fully insured and work within ethical guidelines, which include full client confidentiality.

Acupuncture
Alexander technique
Aromatherapy massage
Chiroprody / Podiatry
Counselling
Colonic hydrotherapy
Cranial therapy
Herbal medicine
Homeopathy
Clinical hypnotherapy
Lymphatic drainage massage
Nutrition
Osteopathy
Reiki
Relaxing massage
Remedial deep tissue massage
Reflexology
Shiatsu massage

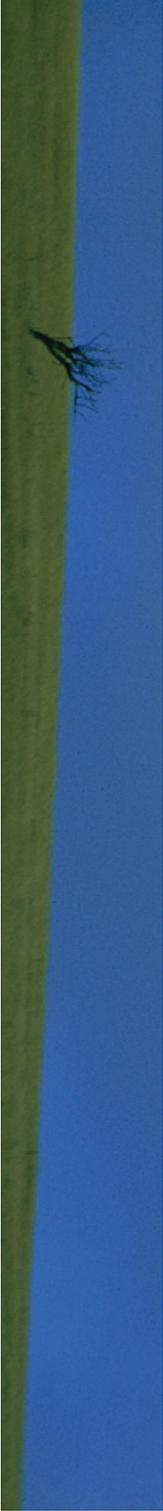
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belsize health

natural health clinic
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it's only natural

Cover photo - Jean-Christophe Godet
This leaflet was made using 100% recycled paper.



At belsize health we offer a comprehensive choice of natural health care to cater for the needs of our local community. Our team of experienced therapists have established a reputation for their caring and professional approach. We consider part of our role to be educational - to help you to understand what different therapies do, and which are the most appropriate for you. Call reception on 020 74832345 or visit the web site for more information about the therapies we offer.

natural health care

Many persistent physical and psychological causes of ill health are effectively treated using natural therapies. Conditions treated range from allergies to chronic diseases or simply a sense of things being out of balance. Therapies include homeopathy, herbal medicine, acupuncture and counselling/psychotherapy: all safe to use in conjunction with orthodox treatments, and during pregnancy and early childhood.

pain management

Whether you have an acute sports injury or a persistent ache, our team of highly skilled bodywork therapists can help you. We provide a full assessment of the cause of your pain, hands on treatment, and advice on self help exercises. Treatments include osteopathy, podiatry, remedial massage, acupuncture and Alexander technique.

relaxation

Let us ease away your physical and mental stresses, in order to bring balance back into your life and maximise your health and fitness. How you do this is up to you - you can choose from a range of therapies including: aromatherapy massage, reflexology, reiki and shiatsu massage.

detox

We have put together a number of detox packages to suit your individual requirements - whether you want a one off bowel cleanse or support with life style changes. Packages combine nutritional therapy, colonic hydrotherapy, lymphatic drainage massage, clinical hypnotherapy and herbal medicine.