

Veronica Flannagan – Bio



Way back in 2001 I took my first Anatomy, Physiology and Pathology course at Clifton college in Richmond Surrey, where I also studied stress management, full body and acupressure chair massage. I can't actually believe its that long ago!

I have gone on to train in reflexology, Indian Head massage, crystal healing, meditation facilitation, natural face lift and Thai foot massage! I am currently undertaking training in delivering Yoga nidra and pranayama which all add to the overall experience in all treatments.

Indian Head Massage

Also known as Champissage Indian Head Massage, is a holistic treatment based on the Ayurvedic system of healing. It has been practised in India for over 1000 years. it helps to unblock the higher chakras and release muscle tension in the neck and shoulders. A treatment lasts up to 45 mins and is seated, deeply relaxing and can help reduce feelings of anxiety and stress and promote a sense of wellbeing and rejuvenation. I recommend a Thai foot massage at the end to really top and tail your experience.

£40 for 40 minute Indian Head Massage

£50 for 40 minute Indian Head Massage plus 20 minute Thai foot massage

Reflexology

Reflexologists believe that the different areas- known as reflex points- correspond to specific organs of your body and bodily systems. Applying pressure to specific reflex points stimulates your parasympathetic nervous system. It is of Chinese origin and thousands of years old and stimulates the Chi (vital life energy) to circulate the body to specific areas that need healing. It can help to improve: Immune system, hormonal imbalances, back pain, sinus issues, arthritis pain. It relieves stress and anxiety and is a beautifully relaxing treatment.

£50 for 1 hour Reflexology..

A bit about me;

I'm a mother of two grown-ups and a Grandmother to a gorgeous grandson. So I am blessed. I am a trained funeral and marriage celebrant. My passion (as well as script writing and poetry, and music, and travel of course) is in all things people development. I worked as a professional charity worker and covered

the North Surrey area for 20 years. I loved that. It gave me the opportunity to make a difference in our areas of deprivation as well as the general community. I worked for BA for 10 years and other travel companies which was incredible at the time.

I am so pleased to be part of this new retreat that Heather, Tony and JC have organised. I look forward to doing my bit to help you to rest and relax and to really enjoy the experience of looking after you!

Love