

INTERNATIONAL therapist

Winter 23/24 References

Industry News (P8-9)

Caroline Larissey appointed as CEO of the NHBF

www.fht.org.uk/caroline-larissey-nhbf

Trends to watch out for in 2024

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2 <https://www.glamourmagazine.co.uk/article/wellness-trends-2024>

Salon Educational Journal

www.saloneducationaljournal.co.uk

It's time to scream!

www.armathwaite-hall.com

Professional Beauty Awards

www.professionalbeauty.co.uk/site/PBAwards

Beyond Pills

www.collegeofmedicine.co.uk/beyondpills

Members News (P10-11)

Member Survey

www.fht.org.uk/2024-survey

STEP – The FHT's Student Therapist Education Programme

www.fht.org.uk/step

New Board Members

www.fht.org.uk/governing-council

Menopause Exchange

www.menopause-exchange.co.uk

norma@menopause-exchange.co.uk

Save the Dates

www.fht.org.uk/useful-awareness-days

Plant Profile (P14)

Black Pepper

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Our Winter List (P15)

Random Acts of Kindness (17 Feb)

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Soothing Solutions for Winter Skin (P28)

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Wake Up with Yoga (P30)

Sun Salutations Tutorial

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A Touchy Subject (P36)

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Facial Reflexology (P46)

1 <https://www.independent.co.uk/news/health/forehead-wrinkles-risk-of-death-cardiovascular-disease-research-a8508511.html>

Research (P70)

Hot Yoga and Depression

www.psychiatrist.com/jcp/rct-of-heated-hatha-yoga-for-depression/

Raga-based Music Therapy for Stress and Anxiety

<https://echetana.com/wp-content/uploads/2023/11/30.-R-E-Ram-Manohar-Sharma-1.pdf>

Virtual Culinary Classes and Cardiovascular Disease Prevention

<https://nutrition.bmj.com/content/6/1/6>

Effects of Breathing on Low Back Pain

<https://linkinghub.elsevier.com/retrieve/pii/S0965229923000808>

Tai Chi and Type 2 Diabetes

<https://www.sciencedirect.com/science/article/pii/S0965229923000821?via%3Dihub>

Medical A-Z (Leg Cramps) (P72)

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