

# THE WELLNESS ROOM

SPRING 2022

&  
In conversation with  
Millie Kendall OBE

—  
Inclusive massage  
with Ana Bott MFHT

—  
Nordic walking

—  
Exploring sport  
therapies

IS  
wellness  
BEAUTY'S NEW  
buzzword?



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## EDITOR'S LETTER



**H**ello, and welcome to the first edition of the newly-designed magazine, now entitled *The Wellness Room*. Among many unfamiliarities, I can imagine it's rather strange to see a new face greeting you on this page, and with that I'd like to introduce myself: I'm Molly, the newly-appointed editor. I have been given the pleasure of taking over the role from the brilliant Karen Young, who has been gracing these pages as editor since 2007 and been a part of the FHT community for years antecedent. We look forward to Karen being able to contribute her expertise in the future, and I would like to take this opportunity to thank her for all of her work here at FHT. She will be missed I'm sure.

Regarding the future of the magazine, we know from your constant engagement that you enjoy every issue. However, we feel there is always room for improvement, and as we move into the modern landscape of 2022, change is necessary to progress. Saying this, it is something I'd like to embark on together so, as always, we welcome your comments and suggestions as to how we can make *TWR* even better. Please don't hesitate to get in touch with me at [mdenton@fht.org.uk](mailto:mdenton@fht.org.uk); I am more than happy to hear your views and ideas. We are also hoping to conduct another readership survey over the coming months, giving you the opportunity to supply in-depth feedback on the features and the look of the magazine. This will be communicated to you through our e-newsletters, so please keep an eye out. This new issue is the start of positive change here at FHT and we are delighted to be sharing this journey with you.

Going forward, we will continue to explore our three areas of expertise (complementary, beauty and sports) within each issue, in addition to our new 'wellness' and 'in conversation with' sections. This spring, we invite you to join us in talking to Millie Kendall OBE, who shares her thoughts on the beauty industry post-pandemic (p38); to explore how complementary and sport therapists can work with the Armed Services, with insight from FHT's board member Herman Fenton (p54); to gain an understanding of inclusive massage with celebrated Excellence Award winner Ana Bott (p44); and so much more. If you're an avid reader like myself, be sure to check out our brand new reading shelf on p60 and complete the Spiral quiz on p69 to gain your CPD points and for a chance to win a £20 John Lewis and Partners voucher.

It's time to sit back and take a much deserved break, and enjoy this new issue of *The Wellness Room*. We can't wait to hear what you think!

Take care

Molly Denton, Editor

This spring we love...



AROMATHERAPY ASSOCIATES DIFFUSER



URBAN RETREAT SUNCREAM



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# WELCOME



**CHRISTOPHER BYRNE**  
PRESIDENT

**W**hat a wonderful start into the new year we've had. I hope you are keeping safe and well, and that you like the redesign of our respected trade magazine, featuring a fresh outlook on our industry and some new wellness, business and learning regulars.

Over the next year, we are paying close attention to you and your businesses. With Covid restrictions easing, we are slowly but surely heading in the right direction for the return of normal working – something I think is key for our professional development – and it's important we provide the best care possible. As a practicing therapist myself, with a full-time clinic, one of my key focuses over the coming months is to get back to some form of regularity, going back to normal working hours and being mindful of my clientele. With many still suffering from the trauma brought on by the pandemic, we have a duty to ensure we guide our clients through the next six to twelve months with empathy and compassion. You can see more on how to build a strong, trustworthy client base on p74, in the introduction of our new Business Hub.

Speaking of business, we are proud to announce that we will be celebrating 60 years in July, and I wanted to take this moment to thank each and every one of you in helping us reach this achievement. Here's to 60 years of raising the standards in therapy practice and being part of a supported community. Enjoy the magazine.

**W**elcome to the first issue of *The Wellness Room*, featuring a new design and viewpoint to compliment the many positive changes made to FHT over the past six months. We have many new things for you to discover and enjoy, including an upgraded and more user-friendly website; updated membership cards and certificates; an array of new membership benefits; new products in our FHT shop; and, of course, access to our FHT Therapist Register, which continues to boost your businesses through your individual Member profiles.

And we're not stopping there! Over the year, we are looking forward to inviting you to many events – online and in person. One to note in your diary is the Professional Development Conference, our annual training event, coming up in the summer, where you can gain your CPD points with a vast array of seminars and live talks from recognised industry professionals. This will be held virtually and will commence on Friday 9th until Saturday 15th July, and is the perfect opportunity to network with fellow members all from the comfort of your home. Tickets are available to buy now at [fht.org.uk/virtual-conference-2022](http://fht.org.uk/virtual-conference-2022).

Very best wishes.



**MONICA PRICE**  
CHIEF EXECUTIVE OFFICER

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# Peace of mind for you with our tailor-made insurance

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At the FHT, we're extremely proud to support members with our **robust package of membership benefits**. And thanks to our insurance partners Hiscox, we're also able to ensure that you're covered with **an insurance policy that keeps you and your clients safe**.

Our medical malpractice, public and products liability insurance policy **covers more than 360 therapies**, with lots of added extras included too:

- Up to £5,000 to cover expenses that arise from identity fraud
- Up to 30 days cover to work abroad
- Replacement official documents if lost or irrevocably damaged

Not yet taking advantage of our insurance policy?

Make sure you ask your current provider what's included, or contact our team for more information about upgrading.

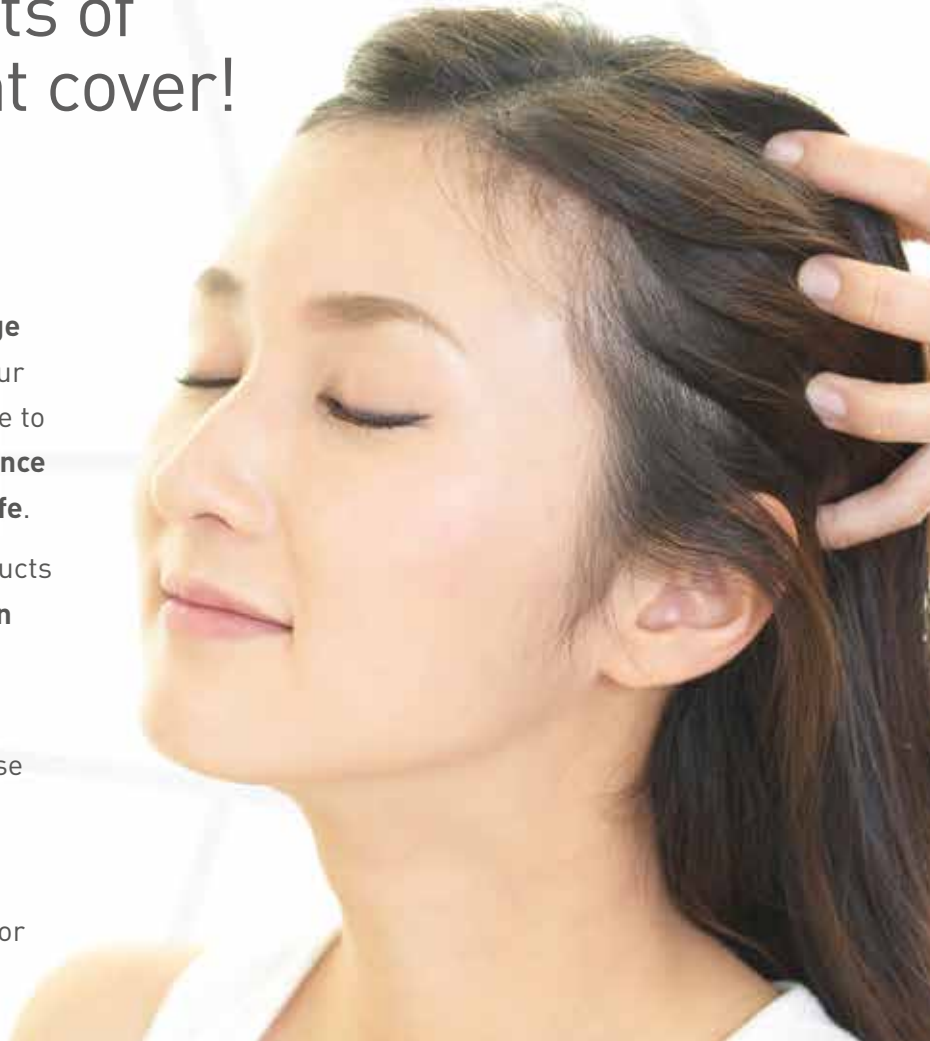
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# INDUSTRY

# news

You can view more industry news online at: [fht.org.uk/news](https://fht.org.uk/news)

## INDUSTRY-FIRST INITIATIVE LAUNCHES TO TRAIN RADIOGRAPHERS IN THE INDEPENDENT SECTOR

A community diagnostic centre in Somerset, is set to become the first independent facility in the UK to offer conventional apprenticeship training to student radiographers, thanks to a unique partnership between Rutherford Diagnostics, Somerset NHS Foundation Trust and the University of Exeter. In a move to address the growing skills shortage facing the sector, the new model means that apprentices are now able to take part in a three-year BSc (Hons) in Diagnostic Radiography and Imaging through the University of Exeter, which, on top of their studies, will see them based between Rutherford Diagnostic Centre Somerset (independent) and Musgrove Park Hospital (NHS). Prior to Covid-19, a recruitment crisis already faced the sector. Today it is estimated that the UK needs 4,000 new radiographers to keep up with demand, with 90% of hospital patients requiring radiography. Early evidence suggests that expanded recruitment will meet barely half the anticipated demand. The partnership was formed to keep pace with the significant increase in demand and aims to reduce the number of NHS patients who are waiting too long for a diagnostic test and support timely diagnosis.



## SELFRIDGES ENCOURAGES GREATER WELLBEING WITH THE LAUNCH OF SUPERSELF

World-renowned British department store Selfridges has announced its creative theme for 2022: SUPERFUTURES, and launched first with SUPERSELF in February. With inner wellbeing as its starting point, the project will offer an unexpected journey of self-discovery for visitors to both physical and digital stores, from a mindset of personal innovation, self-care, positivity and counter cliché ways to feel good, as Selfridges coins the term 'feel-goodness'. Selfridges is launching a number of activations, encompassing personal innovation, self-care and positivity.



## STRESS AWARENESS MONTH AND BRITISH BEAUTY COUNCIL

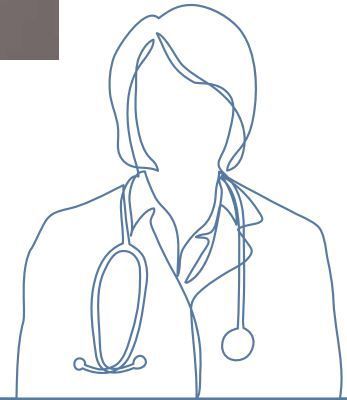
April has been marked Stress Awareness Month since 1962 to raise awareness of the 'causes and cures of our modern stress epidemic'. The 2021 British Beauty Council's report *Effects of Personal Care Services on Mental Health and Wellbeing* explains that the introduction to touch and massage therapy could reduce sick days by 1.76 million, and save the UK approximately £10.5bn per annum.





## 74% OF DARK SKIN CONSUMERS STRUGGLE TO FIND BEAUTY PRODUCTS FOR THEIR SKIN TYPE

New research into diversity in the beauty industry has revealed how three-quarters of people with dark skin find it hard to find the right products for their skin. Surveying over 1,200 consumers in the UK and US with skin tones ranging from 'white' to 'dark brown' or 'black' on the Fitzpatrick scale revealed that needs and preferences vary considerably according to skin tone. 74% of those surveyed with dark skin said they find it hard to find products for their skin tone and are more likely to look for tailored products. White or fair-skinned consumers were less likely to purchase a product designed for their skin tone, with 33% of fair skin people buying skincare marketed to them, compared to 56% of those with light brown skin and 54% with brown skin, the report found. One thing all respondents did agree on was that things are improving, with 56% of respondents saying they think the beauty industry had improved at meeting the needs of people of all skin tones in recent years.



## AROMATHERAPY ASSOCIATES JOINS A NEW COALITION OF 27 BEAUTY COMPANIES WITH B CORP CERTIFICATION

Aromatherapy Associates has joined the B Corp Beauty Coalition, comprised of 27 certified B Corporations across eight countries and three continents, which aims to improve the sustainability standards of the beauty industry. The coalition has a vision of delivering 'beauty for good', with the intention being to enable collaboration and exchange between companies. Since becoming B Corp certified in 2020 Aromatherapy Associates has continued to prioritise people, planet and community through initiatives that deliver on this promise. As a member of the Beauty Coalition, Aromatherapy Associates are a part of a new approach to beauty that prioritises soil as much as skin, nature as much as natural, evidence as much as ego, and impact as much as performance.



## SEEING THE SAME GP 'IMPROVES TREATMENT FOR DEMENTIA'

New research, led by the University of Exeter and published in the *British Journal of General Practice* has analysed more than 9,000 patient records of people diagnosed with dementia in the Clinical Practice Research Datalink. They found that those seeing the same GP over time were 35% less likely to develop delirium, a state of confusion commonly experienced in dementia. Dr Richard Oakley, Associate Director of Research at Alzheimer's Society, said: "The pandemic has put GP services under immense pressure, so while we might not be able to get consistent GP care for everyone with dementia tomorrow, policy makers should absolutely be working with the NHS to build this into their plans as we emerge."

# MEMBERS' news

Welcome to Members' News where we share your success stories

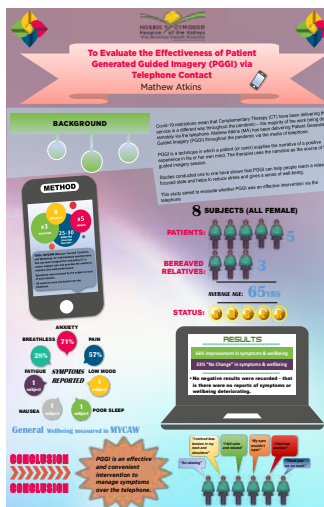
## CANCER CHARITY LAUNCHES SCOTLAND'S FIRST MASSAGE ACADEMY

FHT is proud to be the accredited course provider of Cancer Support Scotland's new training academy that teaches qualified massage therapists how to treat people affected by the illness. Stephanie Quigley (MFHT), the brains behind the course, developed it in response to hearing that patients have been routinely turned down for massage therapy over fears of treatments encouraging the disease to spread – despite there being no medical evidence of a link. The course offers a combination of online and practical training, with a diploma for those successfully completing it and the charity believes those living with cancer will also benefit from more spas, saloons and private practices learning the skills.



## WINNER! MATHEW ATKINS' STUDY ON PGGI

It is with great pleasure we announce that Mathew Atkins' (MFHT) illustrative poster, highlighting the effectiveness of PGGI via the phone, was considered the best entrant for the palliative care category by the panel at the Integrative Health Convention and Complementary Therapy Awards 2022. Over the course of the pandemic, Atkins found that complementary therapy needed to be delivered differently and that patient generated guided imagery (PGGI) resulted in being an effective and convenient intervention to manage symptoms over the telephone.



## FHT'S ONLINE SEMINAR SUCCESS

FHT's online seminar 'How to Grow Your Business and Watch It bloom' with CEO Monica Price was a roaring success. With a series of three virtual seminars, we had an outstanding attendance of over 120 members and non-members. Covering a lot of ground within the two-hour course, Monica offered a multitude of tips on how to develop your business. Attendee feedback expressed that information was relevant and thought-provoking, helping to motivate and give confidence to push business forward. The seminar ended with a valuable Q&A session, allowing all attendees to network and share experiences amongst likeminded therapists.

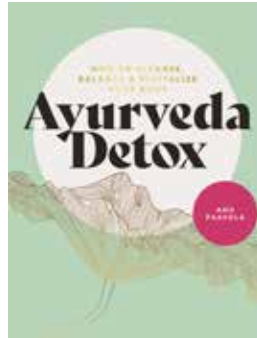
## FHT'S AGM & ELECTIONS

The annual election of the FHT Governing Council will take place at the Annual General Meeting on Wednesday 20th July 2022 at 10am. The meeting will be held in our offices: 18 Shakespeare Business Centre, Hathaway Close, Eastleigh SO50 4SR.

Voting will take place online via our website or you can obtain a postal ballot form by contacting Annie Walling at [awalling@fht.org.uk](mailto:awalling@fht.org.uk) with 'AGM Ballot Form' in the subject box. Voting for nominations will commence Wednesday 1st June and end Thursday 30th June. Further details will be sent via the newsletter.

## AN AYURVEDA DETOX WITH ANU PAAVOLA

Anu Paavola (MFHT and FHT Accredited Course Provider) has just released her new book *The Ayurveda Detox*, available to buy now at Amazon, Waterstones and Blackwell's. Paavola is a practitioner of Ayurveda and owner of Jivita Academy of Ayurveda and Jivita Ayurveda spa clinic in North-West London. With a passion to make Ayurveda accessible for everyone, work at a grassroots level and reveal how it is natural and intuitive to every being, *The Ayurveda Detox* is suitable for everyone who wants to understand the theory and practice of the very foundations of Ayurvedic living. Buy now on Amazon using the QR code to the right.



## FHT HOLISTIC HEALTH SPEAKERS

The FHT is proud to announce that our Accredited Course Providers, Helena Robinson of Gentle Release Therapy and Penny Price and Ellie Dunmore of Penny Price Aromatherapy, are speaking at the Holistic Health show in May. We are also attending the show, where you can find us on stand F20, and can't wait to meet some of you there. [holistichealthshow.co.uk](http://holistichealthshow.co.uk)

## COMPLEMENTARY THERAPY TEAM WIN PRESTIGIOUS AWARD

Salford's Renal Complementary Therapy Team won a prestigious Complementary Therapy Award 2022 for the pain management category. With the project starting in December 2015 with funding from Kidney Care UK, Janet Cairnie (FHT Accredited Course Provider and Lead Practitioner) makes aromatherapy blends for the team to use on dialysis patients – helping with chronic pain and spasms in the patient's legs and feet. The team are all professional, qualified therapists who volunteer their free time to provide therapies for the patients who are on dialysis. Please get in touch with Janet ([janet.cairnie@nca.nhs.uk](mailto:janet.cairnie@nca.nhs.uk)) if you would like to volunteer and become part of an award-winning team, gaining experience working in a clinical setting.



## SAVE THE DATES

MAY - JULY

### MAY

**12** International Nurses Day

**18 – 19** The Healthcare Show

**WHERE:** Royal Victoria Dock, 1 Western Gateway, London

**COST:** Free for UK Care

[healthpluscare.co.uk/welcome](http://healthpluscare.co.uk/welcome)

**22 – 23** Holistic Health Exhibition

**WHERE:** Coventry Building Society Arena

**COST:** £10

[holistichealthshow.co.uk](http://holistichealthshow.co.uk)

**26** Perth College UHI Industry Sector event for

Beauty Therapy, Hairdressing and Wellbeing  
**WHERE:** Webster Building, Crieff Road, Perth, PH1 1TA

**COST:** Free

[perth.uhi.ac.uk/events](http://perth.uhi.ac.uk/events)

### JUNE

**6 - 12** Aromatherapy Awareness Week

**11** Global Wellness Day

**12 – 13** Scottish Hair & Beauty

**WHERE:** Scottish Event Campus, Exhibition Way, Glasgow, G3 8YW

**COST:** £10

[ScottishHairandBeautyShow.com](http://ScottishHairandBeautyShow.com)

### JULY

**9 – 15** FHT's Professional Development Conference 2022

**WHERE:** Virtual

Find out more: [fht.org.uk/training/conference-2022](http://fht.org.uk/training/conference-2022)

**20** FHT's AGM

**TIME:** 10am

**WHERE:** 18 Shakespeare Business Centre, Hathaway Close, Eastleigh, SO50 4SR

Find out more: please contact

[awalling@fht.org.uk](mailto:awalling@fht.org.uk)



# WE'RE EXHIBITING AT HOLISTIC HEALTH



**22<sup>nd</sup> & 23<sup>rd</sup> May 2022**

Coventry Building Society Arena

JOIN US BY SECURING YOUR £10 TICKET NOW

**[HolisticHealthShow.co.uk](https://HolisticHealthShow.co.uk)**



INCLUDES FREE  
**GOODY BAG**  
(WORTH RRP £50+)  
OR £10 VOUCHER

Holistic Health 2022 will be taking place at the Coventry Building Society Arena on Sunday 22nd and Monday 23rd May.

Purchase your tickets now for just £10 per person and get FREE event parking, and a goody bag worth over £50 RRP, or a £10 voucher\* which can be spent on participating exhibitors and catering at the show.



- The latest trends, launches and innovations
- Free educational programme
- Salon Owners' Business Forum seminars
- Demonstrations on the Holistic Stage
- Professional networking opportunities
- Exclusive show offers and discounts



**Come and meet us on Stand F20**

**Book your tickets now**  
**HolisticHealthShow.co.uk**



\*Vouchers are non-refundable.

## PLANT PROFILE

# PETITGRAIN

*Citrus Aurantium*

Petitgrain oil comes from the bitter orange tree, *Citrus Aurantium*. Originally from Southern China, the bitter orange tree was brought to Paraguay in the 19th century. The tree produces three different essential oils and Petitgrain is taken from its twigs and leaves – these are then steam distilled to produce a light, refreshing, floral scent. Best used to promote relaxation, Petitgrain oil has been used historically for an array of traditional health practices and has been a popular ingredient for the perfume industry since the 18th century. It is said to benefit internal systems, when taken internally, such as the cardiovascular, nervous, digestive, and immune systems.

It is a good sedative for all sorts of nervous crises such as afflictions, irritations, inflammations, anxiety and sudden anger. It can also be used to treat problems like abnormal palpitations, hypertension and insomnia.

## FUN FACT:

The name Petitgrain is a French word that translates to 'little grains'. It was given this name because the fruit of the bitter orange tree is quite small for a citrus fruit – about the size of a cherry.



## Key Therapeutic Properties:

Antiseptic, antispasmodic, antidepressant, deodorant, nervine, sedative, relaxing, calming, anxiety reducing, treats insomnia, treats acne, treats hypertension, antiemetic, refreshing, antiperspirant

## Blends With:

Bergamot, geranium, lavender, palmarosa, rosewood and sandalwood

## Safety Data:

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**NB:** Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use and supply aromatherapy blends and other products containing essential oils.



**TAKE THE TIME TO READ:** Enjoy the spring weather by taking your favourite book to your local park, nearest beach or outside coffee shop. If you're struggling to find something new to read, take a look on our reading shelf on page 60.



**TRY A NEW RECIPE:** Introduce some colourful greens into your weekly menu, and perhaps try a new spring recipe. On page 20, nutritional therapist Claire Hunter, MFHT, shares yet another tongue tingling recipe – this time, a spring salad to get your probiotic fibre journey started.

**SPREAD AWARENESS:**

**May** Show your support for Mental Health Awareness Month this May – perhaps practice some self-care, meditate, reach out to a friend in need or take a day to reflect.  
**10th June** Get out the essential oils for Aromatherapy Awareness Week and celebrate the benefits they can offer. Find out your favourite here [bit.ly/healthline-essential-oils](https://bit.ly/healthline-essential-oils)

# OUR SPRING LIST

“Spring adds new life and new beauty to all that is”



**ATTEND AN EVENT:** Now we're back out in the world, how about attending an event. Meet new people, learn something new and explore what it is to be a holistic therapist in 2022.

**The Natural Product Show:** 22nd-23rd April, Olympia London, free entry  
 Sign up at [olympia.london/whatson/natural-product-show](https://olympia.london/whatson/natural-product-show)

**Holistic Health Exhibition:** 22nd-23rd May, Coventry Building Society Arena £10 per ticket  
 Sign up at [holistichealthshow.co.uk](https://holistichealthshow.co.uk)

**The Cheltenham Mind Body Spirit Wellbeing Show:** 5th June, Pittville Pump Room, prices vary. Sign up at [bit.ly/cheltenham-wellbeing](https://bit.ly/cheltenham-wellbeing)



**WEAR A VIBRANT COLOUR:** As painter Wassily Kandinsky once said “colour is a power which directly influences the soul,” so how about banishing those dark winter colours and brighten up your look by wearing a pop of colour this spring.

**STEP OUTSIDE INTO NATURE:**

Fancy treating yourself to a nature walk this spring? When better than on National World Environment Day on 5th June! Make it a day trip and pack a picnic to fully appreciate what nature has to offer. If you want to share this experience with others, perhaps join a group activity.

■ **7th May** Sign up to walk through Bristol's Baddocks Woods while practicing mindful techniques this May, and join a group of like-minded people!

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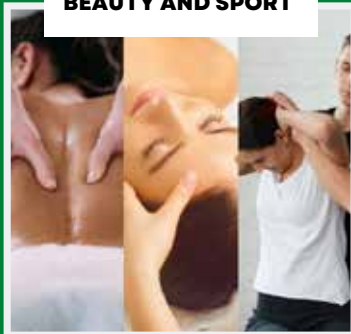
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# 6 WAYS TO

## boost your immune system



**WORDS** MONICA PRICE  
FHT'S CHIEF EXECUTIVE OFFICER  
& NUTRITIONAL THERAPIST



**S**pring weather can be unpredictable. Warm and sunny one day, chilly and windy the next. The seasonal changes and temperature swings can make some of us more susceptible to catching a cold or getting sick. That's why, this spring, it's time to give your immune system a healthy boost to prevent the common cold and improve your body's defences against viruses. Enjoy these six easy ways to boost your immune system, naturally:

### 1 MAINTAIN A HEALTHY DIET

Spring is great for colourful foods – fruits, vegetables, nuts, seeds, legumes – and better yet, these are great for boosting your immune system. Each are rich in nutrients and antioxidants that may give you an upper hand against harmful pathogens and support the growth and maintenance of beneficial microbes. If a balanced diet is not readily accessible, taking a multivitamin can increase immunity too, but the best way is through natural food.

### 2 INCREASE YOUR PROTEIN INTAKE

Not only consumed to help build tissue that's damaged during exercise, protein has several other crucial roles in your body. Protein can power up your immune system, stoking the cells that you need to fight infection, both bacterial and viral. Upping your daily intake can be substantially beneficial to your overall health and wellbeing.

### 3 MOVE YOUR BODY

Although prolonged intense exercise can suppress your immune system, moderate exercise can give it a much-needed boost. Studies have shown that a singular session of light exercise can reduce inflammation and help your immune cells regenerate regularly. To incorporate this into your daily routine, how about starting your day with a brisk walk, going for a jog at lunch, or meeting some friends at

the weekend to go for a light hike. My favourite pastime is taking a stroll on the beach each morning, breathing in the fresh, seaside air.

### 4 STAY CONNECTED AND MANAGE STRESS

Whether it comes on quick or builds over time, it's important to understand how stress can affect your health – including the impact it has on your immune system. During a period of stress, your body responds by initiating what's called a stress response. It's meant to help you handle the stressful situations coming your way. However, it also suppresses your immune system – increasing your chance of infection or illness. That's why self-care is important, to make sure you take the time to re-fuel. Common practices include deep breathing, meditation, yoga or reading.

### 5 STAY HYDRATED

Water is essential for immune health. Each person will vary, but aim to drink eight, 8-ounce glasses of water per day. If you find that challenging, perhaps set a routine. Set daily reminders on your phone or drink a glass of water before each meal. Caffeine-free hot tea can count as part of your daily water tally. Personally, I stock up on mugs of plain hot water throughout the working day!


### 6 REST UP

Sleep is essential for the health of both your body and brain. When you don't get enough sleep your natural immune cells go down, and inflammation cells go up. Getting a good night's sleep strengthens your immune system. Aim for seven to eight hours of sleep per night. If you are struggling, try inhaling lavender essential oil, which calms the body and promotes sleep, or unwind with a book before bed and turn off any technological devices like your phone, laptop or TV. **TWR**

# AAE

Do you have a question you would like answered?  
Every issue we find experts to answer your queries  
about Complementary, Beauty or Sports therapy

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## Q HOW DOES AROMATHERAPY WORK TO SOOTHE AND HEAL THE SKIN?

**PENNY PRICE (MFHT),**

*founder of Penny Price Aromatherapy ([penny-price.com](http://penny-price.com)), says:*

Essential oils can penetrate skin due to their molecular weight. This, in addition to their fat solubility, means that they will dissolve in the sebum, and wend their way through until they reach the fatty layers and/or blood stream.

An intact layer of skin is the body's first defence. It is crucial that the body is able to repair any wound or condition to prevent further damage, and aromatherapy can help! The need to soothe and heal the skin can be the result of a number of factors and here I will advise on some of the most common.

Eczema is a condition that makes skin red and itchy, it is chronic and tends to flare periodically. In treatment we need to look at oils to calm and rejuvenate. A combination of the ester rich Chamomile, Bergamot and Juniper Berry at a 1% blend in Raspberry Seed Oil is ideal for application. In treating psoriasis, I recommend applying a compress with Calendula Oil, plus Lavender, Geranium, Bergamot and Patchouli at 1% dilution.

In wound healing, for burns use Lavender High Altitude, the best lavender to use as it is higher in esters exerting significant anti-inflammatory and analgesic effects. For cuts and grazes, look for antiseptic and anti-inflammatory oils. Helichrysum is well known for its wound healing effects. The italdiones (up to 8%) remove dead matter and can prevent scarring if applied. Helichrysum is also best for bruises due to Beta-caryophyllene and gamma-curcumin/alpha curcumin. In cases of severe bruising, black pepper is useful due to its rubefacient (warming) properties, it is around 35% Beta-caryophyllene which is anti-inflammatory.

Finally, Aloe Vera Gel! Extremely soothing, it is excellent to help reduce inflammation and swelling. Used to help sunburn, it has the ability to soothe pain and regenerate skin cells to promote healing.

## Q WHAT IS SOUND THERAPY, WHAT ARE THE DIFFERENT MODALITIES AND WHY SHOULD I PRACTICE?

**CATHERINE THANH MAI NYGUEN (MFHT),**  
*Sound & Massage practitioner and Sound Healing Artist*  
 ([ffm.bio/thanhmai](http://ffm.bio/thanhmai)) says:

Sound therapy is the skilful art of using vibrational sounds from therapeutic instruments to soothe the body and mind and elevate your spirit, and I recommend it to other practicing therapists. It's a nervous system reset. Our system loves to be in resonance. Our body, mind and spirit drives towards beauty, harmony. If there is harmony available, the system opens up.

### GROUP SESSIONS:

Sound therapy can be offered as a group session with a community of individuals. There is a real power of healing within a community as we are social animals. Everything gets enhanced if the group knows each other.

Sound therapy can be found under different modalities such as Sound Healing/ Meditation - Gong Baths, Crystal Bowls or Sound Baths. A combination of carefully crafted sounds through different therapeutic instruments skilfully weaved by the sound practitioner.

For example: to understand a Gong Bath, you have to experience it. The term 'bath' signifies being bathed in sound waves - there's no water or touching involved. Fully clothed, you lay comfortably on a yoga mat, where the sound of the gong is gently introduced and weaved together for you to experience a unique cocooned sonic immersion. The vibrations of the gongs are absorbed throughout the entire body, which may help shift stagnant energies.

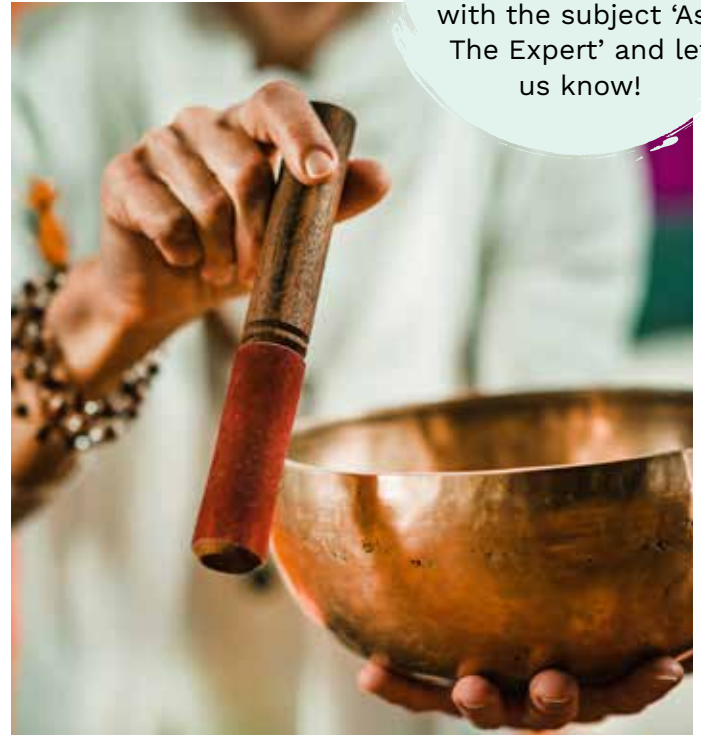
The gong is a powerful and transformational instrument of sound, which has been used for rituals, ceremony prayer and meditation since the Bronze Age. Its sounds are relaxing, centring, energising, transforming and healing. The gong resonates all cells of the body simultaneously and is useful in resolving emotional and physical dissonance.

Gong Baths are unique as this instrument offers the possibility to experience, and receive, the widest panel of sound wave frequencies for you to have an experience of your own infinity in body, mind and spirit.

### ONE-TO-ONE:

One-to-one will allow the sound practitioner to personalise the sound experience to their client's needs, with the ability to offer what cannot be offered in a group environment. For example, the use of tuning forks on bones to target specific areas for gentle stimulation, or the use of therapeutic singing bowls on the body for gentle regeneration. Sound therapists can tailor sessions in the comfort of your own home, but remember that your clientele may

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 with the subject 'Ask The Expert' and let us know!



differ. Elderly clients or anyone with a disability\* can enjoy sound vibrations.

Patients who suffer from diseases such as Parkinson's or Cancer can ideally choose private sessions for ease, privacy and more intimacy. It is an opportunity for the client to receive full attention and tailoring from their sound therapist.

From experience, I recommend it for anyone suffering from emotional blockage and to anyone who finds it hard to switch off. When you consciously attune your vibrations, your personal song, your authenticity becomes more resonant to yourself and to others.

Every therapist can learn about sound therapy, and although it helps to be a musician or have an understanding of music to add additional depth to a treatment, you do not have to be. It's fantastic as a standalone session/treatment and, with experience and practice, you will find it useful to add elements of sound therapy into your own practice to the benefit, peace and happiness of your clients. **TWR**

*\*on the condition they do not have contraindication: for example heart issues - pace maker - epilepsy and women in early pregnancy or the last month of pregnancy.*

# Probiotic POWER

Claire Hunter (MFHT) is back to jumpstart your spring cooking, make use of your local farmer's market and enjoy a probiotic-rich recipe

**A**hh... spring is in the air. Flowers are back in bloom, days are getting longer and temperatures are warming up. The perfect time to explore farmers' markets and pick up some farm-to-table fruit and vegetables and, in doing so, support your local economy, and enjoy fresh food with a lower 'foodprint' than the often-imported goods on offer at the supermarket.

In-season vegetables include asparagus, aubergines, beetroot, cabbages, carrots, cauliflower, celeriac, leeks, many varieties of lettuce, potatoes and spring onions. Meanwhile, representing seasonal spring fruit, we have the perennial apples, along with rhubarb and berries such as blackberries, raspberries and strawberries that are just coming into season.

Spring is host to a number of fruits and vegetables that hold probiotic qualities, but before we dive into what this means, and the benefits of eating these particular foods, we need a bit of background.

You're probably familiar with the word 'probiotic', a term given to a food or supplement containing live cultures, or micro-organisms, that provides health benefits. Probiotics, although transient, appear to influence the composition of our gut microbiota - the ecosystem of microbes that live deep within our digestive system which play an active role in the maintenance of health and the development of disease.

We have a symbiotic relationship with these microbes; as long as we feed them the right fertiliser, they will do good things for us. They contribute to our metabolic functions, protect us from harmful pathogens, train our immune system and, through these basic functions, directly or indirectly effect many of our physiologic functions, both inside and outside of the gut. Probiotic foods are fibre-rich plants that feed not only us, but our 'good' gut microbes too. They promote the abundance and diversity of beneficial gut microbes which is considered to be a sign of a healthy microbiota.

Foods that are rich in probiotic fibre include those from the allium family; onions, garlic and leeks; asparagus; beetroot; chicory; fennel; peas, beans and lentils; and whole grains.

Here, find a simple spring recipe featuring in-season asparagus and leeks to get you started with increasing your probiotic fibre intake. **TWR**

## RECIPE

### Probiotic Warm Spring Salad (serves 2)

#### INGREDIENTS

*For the salad:*

- › 200 grams baby new potatoes (16-20 pieces)
- › 12 spears asparagus
- › 6 baby leeks (or one full sized leek)
- › ½ tsp cold-pressed rapeseed oil
- › ½ cup petits pois peas
- › ½ - 1 tsp lemon pepper seasoning
- › 1 handful pea shoots, washed

*For the dressing:*

- › 1½ tsp cold-pressed rapeseed oil
- › ½ tsp apple cider vinegar
- › 1 tsp dijon mustard
- › 1 tsp wholegrain mustard

#### METHOD

1. Boil the potatoes for 15-20 mins, until soft.
2. While they are cooking, wash and trim the asparagus and leeks, then slice into bitesize chunks (around 1 inch).
3. Combine the dressing ingredients together in a small bowl, and whisk.
4. When the potatoes are done, drain and leave them to cool.
5. While the potatoes cool down, heat the oil in a pan and sauté the asparagus and leeks for 5 minutes until they begin to colour. Remove from the heat while you cook the peas.
6. Steam the petits pois for 2-3 minutes, and then cut the potatoes in half.
7. Add the cut potatoes and steamed peas to the pan with the asparagus and leeks, season with the lemon pepper and toss everything together.
8. Plate up and garnish with the pea shoots and dressing drizzled over.





**Claire Hunter** is a Nutritional Therapy Practitioner and Holistic Nutritionist registered with the FHT. Since she qualified in 2020, she has been helping people on plant-based diets optimise their nutrition and maximise their gut health. You can connect with Claire at [gonutsaboutnutrition.com](http://gonutsaboutnutrition.com)

**Note to readers:** If you are a nutritional therapist and would like to have your recipe shown in the next issue, please email [editor@fht.org.uk](mailto:editor@fht.org.uk) (subject 'TWR Recipe') with your ideas.



# HOW GREATER DIVERSITY AND INCLUSION DRIVES POSITIVE WORKPLACE EXPERIENCES

**Paul Yung**, Chief Product Officer at MYNDUP, explains the benefits of how greater diversity and inclusion can help your business

**WORDS** PAUL YUNG

**H**aving diverse and inclusive employees often leads to a strong, positive culture in the workplace, and is also critically important for employee wellbeing. Not only that, following a series of diversity and inclusivity reports, McKinsey's recent *Diversity Wins* report revealed that those who foster a diverse and inclusive culture have lasting performance benefits too. However, despite clear benefits, a lack of diversity still exists across many of the world's leading organisations and industries. For example, over half (60%) of board seats within FTSE

(Financial Times Stock Exchange) 100 businesses are held by white males, a figure which is not representative of the workforce as a whole.

This lack of representation is causing a significant impact to businesses' bottom lines, and more importantly to employees from diverse and ethnic backgrounds who work within these organisations. Many feel they are under-represented, find it harder to fit in with wider company culture and climb the career ladder. In worse case scenarios, not only can this affect employees' career progress, it can also contribute to mental health issues within the workplace.

## PANDEMIC PROBLEMS

This is particularly important in the current climate – a shift to hybrid working and restrictive workplace policies has created a host of challenges and issues. During these unstable times, employers have had additional responsibility put on their shoulders. Those struggling with inclusivity have felt even more isolated than before, unable to reach out to support easily due to being stuck at home. In order to tackle issues of isolation and disclusion within the workforce, businesses need to ensure they have fully rounded inclusivity and diversity strategies in place to support their staff.

For example, bringing in mental health tools that have a wide range of functions so they can cater to different employee needs. And moving away from the idea that all employees need the same help, and instead providing them with a service that takes their individual needs into account. A tailored experience will make each employee feel their mental health and wellbeing is something their company cares about. Therefore, whether it's coaching, counselling or therapy, employees can get the specialised help they need in order to feel more comfortable at work.

## CONTINUOUS SUPPORT

But while inclusivity is something we need to strive for as a society, and as a workplace, ultimately there will be people who have faced weeks, months or maybe even years' worth of discrimination. Therefore organisations need multi-layered mental health support in place to get them through these difficult times.

It is also unfortunately impossible to completely stamp out discrimination so there will always be occurrences where individuals need help. Mental health support must be readily available and sit hand in hand with inclusivity and diversity policies to ensure if any abuse does arise, those facing discrimination can seek the support they need immediately.

Ultimately, it's down to businesses to take an action plan when it comes to inclusivity and diversity. Stamp out any abuses, create an inclusive culture and have support networks in place to protect those already affected or potentially vulnerable in the future.

## COMPANY CULTURE

Company culture is perhaps the most important element of running a business, sitting on par with financial stability. There is no 'one size fits all' approach to success, but generally speaking, those that create environments that are inclusive and exciting to be part of end up achieving the most success.

There are, of course, countless examples of companies that champion compassionate cultures, create supportive environments that respect talent and help employees grow their skills, regardless of their background. A great example of this is Sky, which has been ranked the UK's most diverse employer, but is still pledging to do more as it wants 20% of the roles in its UK workforce to be filled by those from a Black, Asian and Minority Ethnic background by 2025. Unfortunately this push for progress is not the case everywhere and some workplaces still have a lot of work to do.

New and emerging businesses need to recognise the importance of workplace diversity and ensure they are putting the structures in place now to create a culture that is inclusive to all. A key element here is to remove bias and discrimination so that all employees feel safe when they come to the office. This way creative minds from diverse backgrounds, ethnicities and cultures can collaborate equally and help the business to thrive. For example, having team members with different mindsets and lived experiences bring a broader pool of knowledge to the table leading to better outcomes for the business in terms of innovation and growth. **TWR**

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**Paul Yung** has over 20 years' experience building product businesses and, most recently, was VP of Product at Avast PLC, the FTSE100 cybersecurity company, before he chose to pivot his career to Global Culture and Engagement Partner to help transform the corporate culture to people first.

# WHY nordic walking IS GOOD FOR wellbeing

**Gill Stewart**, Aromatherapy and Sports Therapist, walks us through the benefits of Nordic Walking on your physical and mental health

**WORDS** GILL STEWART

**O**riginally based on the summer training for cross-country skiers, Nordic Walking is a whole-body walking exercise that has been adapted over the last 15 years to become an everyday exercise and rehabilitation tool. Unlike trekking or hiking, the key is for the walker to use two specifically-designed poles and master a technique that ensures you get forward propulsion and not just support. Nordic Walking is not something that can be learned from a video, and is best taught by somebody with a knowledge of anatomy and physiology who understands movement and more importantly... people!

In the UK, there are specific Nordic Walking groups who use walking as their outdoor exercise because it works 90% of the major muscles with every step – turning a walk into a workout, just like using a cross trainer in a gym. Nordic Walking can be enjoyed by all ages, but has proved popular with older adults as the pole provides extra support and reduces stress on lower body joints. It can be done almost anywhere, is sociable and enables people to enjoy the additional benefits of being with nature too.

## INTRODUCING WALX

WALX is the new name for Nordic Walking UK, who bought the activity to the UK in 2004. We have pioneered how to teach the technique to the UK public – who have no cross country heritage, and who were initially self-conscious using poles. In Europe, Nordic Walking tends to be more of a ‘coached’ sport technique with ‘strict steps’, but in the UK it takes a more holistic approach.

With the team at WALX having backgrounds in physical activity promotion, rehabilitation and behaviour change, we felt that it could be tailored to broaden its appeal – and effectiveness – to the general public. More recently, we have embraced the use of poles with a moulded handle that replicates the movement provided by typical Nordic Walking poles – which have a fabric strap – but provide a more instant learning experience, greater stability and less risk of falls.

The mission is simple – WALX aims to encourage more people to be active, and believe that pole walking is an affordable, sociable way for them to do that at a tailored level for them. The training is developed for individuals, or groups, matching the ability and goals of each walker, building in progression, motivation and inspiration too. We provide all the tools instructors need to create an environment that encourages people to adopt an exercise habit for life.

WALX also provides training for rehabilitation specialists who may not want to operate a group and additional modules, such as functional fitness for later adulthood and a unique walking exercise programme called *Total Body Walking*. Each is designed to remove barriers of exercise.

Much is made of the physical benefits of Nordic Walking, such as the increased calories burned, the ‘whole body’ workout and the improvement in posture. These are indeed impressive, and results are come quickly, but its greatest power is that it does not feel like exercise. The poles are empowering, making the walker feel lighter on their feet and providing propulsion which means >





## GETTING STARTED

There are groups all over the UK led by qualified Instructors who deliver the *Power of Poles* course. The aim is to ensure every participant feels the propulsion and enjoys the experience, and is then signposted to keep improving in a welcoming, fun environment. Once they have mastered the basics, they can choose from over 2,000 walks a week. The sessions are described clearly (distance, terrain and gradient) in order to help them select those that are a suitable level, and each participant is health screened to help the leaders provide a positive experience. Walkers simply browse and book online via their local group page.

To find a *Power of Poles* course or contact a local group visit [nordicwalking.co.uk/find-walks](http://nordicwalking.co.uk/find-walks)

they walk faster and further than usual. This, combined with the rhythmic action, the mood boosting benefits of being outdoors and the fact you can exercise with others, is very powerful. It helps to build confidence and a love of being active and that is the key to wellbeing.

While most do notice the physical benefits very quickly, I believe the reason they adopt Nordic Walking is because it affects them mentally as well as physically. Some may argue that running outdoors may have the same effect. But running is not whole body or as postural and can impact on lower body joints, especially for a beginner or those with weight to lose. Nordic Walking reduces the negativity that embarking on an exercise regime can sometimes generate. The walker will feel energised rather than fatigued and will have a sense of achievement from the first session.

In short, if the activity is delivered by a caring, knowledgeable instructor who understands the ‘barriers’ many beginners have to being active, it has the potential to be an affordable, portable (and Covid-19 secure) solution to community wellbeing. For those with medical contraindications or injury, poles can be used for rehabilitation and the walker ‘signposted’ to a group for safe regular and supportive exercise. **TWR**



PHOTOGRAPH: WALX UK

## NORDIC WALKING HAS WORKED FOR...

**Chandrika Hirani** had not left her house for three years after a period of depression was further impacted by Covid-19 lockdowns. Her husband encouraged her to join a local WALX group where she embarked on a six-week programme including the *Power of Poles* and a range of sociable outdoor walks.

*“I have gone from an unfit asthmatic who struggled to walk a mile, to somebody who is not breathless and even tackling hills with the support of the group. I think it’s all down to confidence and that I used the breathing as an excuse before. This has literally changed my life! This walking is like a drug, I’m actually addicted to it and it makes me happier than I have been for a long time. My friends and family have noticed the difference too.”*

**Sharon Blight** has Parkinson’s Disease – she booked *Power of Poles* and a wellbeing group with her local instructor.

*“I was a virtual recluse in lockdown. With Parkinson’s being one of the categorised illnesses on the ‘Gov Vulnerable List’, I had to isolate. In May 2021, I was struggling, overweight and had pain in my legs – all confidence I had was gone. Now I walk weekly with my group and leader, it’s great. I stride out for an hour’s walk, keeping fit alongside my walking buddies, without stopping and happiness infuses my wellbeing! I’ve lost 10kgs - Nordic Walking is helping keep my weight off which helps with the PD too.”*

**Justin Moors** from Dorset shed an incredible 8 stone in 2020 following a health scare and the sad loss of his sister. Justin had a heart condition which was related to the fact that he was morbidly obese and, despite lockdown, walked his way to fitness.

*“Nordic Walking has really helped me improve my health and fitness, when I started I had quite a poor VO2MAX score of 26, it’s now at 47 which is considered excellent for a man of my age. Having now lost just shy of 11 stone, I’m at my goal weight. I took part in the 2021 Macmillan Mighty Hike on the Jurassic Coast and came in 4th position on the 13 miler.”*

**Gill Stewart** set up one of the earliest exercise referral schemes in the UK and in the past 40 years has managed local authority physical activity programmes, health club chains and a wellbeing consultancy business. When she discovered Nordic Walking whilst living in the Alps, she felt sure that it had the potential to encourage people to enjoy whole body exercise, harness the power of nature and build a love of being active. More recently, under the WALX brand, she and her team have developed a yoga walking programme and a six-week walking for wellness course. To contact Gill, email [gill@walx.co.uk](mailto:gill@walx.co.uk) or visit [walx.co.uk](http://walx.co.uk)

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# YOUR SKIN, IT'S HORMONES



Dermalogica's Education Manager, **Candice Gardner**, talks us through the ways hormones can affect our skin's health – from pregnancy and menopause to adolescence and gender transitioning



**WORDS** CANDICE GARDNER

**H**ormones play a fundamental role in driving and regulating body functions and processes, and as such are a primary influence in how our skin behaves.

Whether we are teenagers maturing into adults, progressing through a pregnancy, experiencing the changes associated with the menopause or gender transitioning, specific hormones will shift the skin balance and can lead to skin changes and challenges.

Since every individual is unique, hormone levels can vary from person to person. And although someone's individual hormone levels might fall within the expected range when tested, there is also increasing evidence that our cellular response can be elevated or reduced in different individuals, leading to greater nuance in how skin might behave. Along with genetic biological drivers to altered hormone levels, there are factors in our exposome that can also affect which hormones are raised and dominant. These might include suffering acute or chronic

periods of stress, diet and medications, along with the more direct influence of artificial hormones for contraceptives or hormone replacement therapy (HRT).

Hormones impact how much sebum the skin produces, cell turnover rate (the rate of cell production and desquamation), hydration levels, protein production (including collagen, elastin and melanin) and barrier function. The result is variances in skin colour, density and resilience, softness and texture, degree of oiliness or dryness, and sensitivity.

In this article, we review the primary hormones that affect skin structure and function to provide context on changing skin condition at different life stages. We will also explore the impact of gender affirming hormone therapy for clients who are transitioning for better understanding of how to support them.

### TESTOSTERONE

Testosterone is produced in the testes and ovaries, with a proportion being produced in the adrenal gland. Conversion of testosterone to the highly potent dihydrotestosterone happens in a variety of tissues including, most significantly, the skin.

Testosterone is an androgenic and anabolic hormone. Androgenic refers to its impact on male sexual characteristics and anabolic to its tissue building function.

It is responsible for increased muscle mass, increased bone density, and increased skin density with higher collagen levels in the reticular dermis. Typically, males have 20-25% more testosterone than females, but the impact of this hormone has relevance across the gender spectrum and will affect physical characteristics.

Approximately 10% of testosterone is converted to dihydrotestosterone when it reacts with the enzyme 5-alpha reductase in the skin. This triggers sebocyte proliferation and subsequently increases sebum production. Dihydrotestosterone is linked to male pattern hair loss, but increases face and body hair.

In women, 50% of testosterone is produced by the ovaries and adrenal glands and released directly into the blood stream. The other 50% is made from conversion of the adrenal androgens to testosterone in other parts of the body including the skin.

This direct biological action in the skin along with increased androgen sensitivity with age are major factors in the development of both adult acne and terminal hair growth for women. The jaw area is a primary region for increased androgen sensitivity.

For transmasculine persons on gender affirming testosterone therapy the effects of treatment include increase in sebum production, increase in face and body hair, decreased density of scalp hair and a redistribution of body fat. The impact of the treatment usually becomes evident in the skin within a month of initiating hormone therapy and will peak around the two-year mark.

In line with the increased sebum production there is a high incidence of developing acne. Some studies have seen as many as 94% of the trial group experience facial acne. Whilst severity can vary, the condition may peak around six months. Some find the condition regulates after the first year but in others it can be persistent and an ongoing struggle.

Since the period of transition can be stressful in itself, new or additional skin challenges such as acne can increase anxiety and affect mental health. These clients need support with focused skin care strategies that can facilitate daily management. In addition, medical interventions are not precluded and should be considered where necessary to address more severe grades of acne.

Male pattern hair loss, also known as androgenetic alopecia, has a significant prevalence in long term testosterone therapy for transmasculine persons.

“For transmasculine persons on gender affirming testosterone therapy the effects of treatment include increase in sebum production and face and body hair...”

### OESTROGENS

Oestrogens are a group of steroid-based female sex hormones that are most commonly recognised for their role in female sexual characteristics and development and regulation of the female reproductive system. Like testosterone, everyone produces oestrogens but in greater quantities in females. Produced in ovaries, testes and adrenal glands, oestrogen is also manufactured in fat cells.

#### There are three primary oestrogens:

- Estradiol** – Produced by both males and females, it is the most common type of oestrogen in females during their reproductive years.
- Estrone** – A weaker form of oestrogen manufactured post menopause.
- Estriol** – The oestrogen that rises during pregnancy promoting uterus growth and preparing the body for delivery.

Beyond female characteristics and reproduction, oestrogens are necessary for bone development and maintenance and have been demonstrated to have an impact on libido, mood and cognitive function.

In skin oestrogens impact collagen density, decrease sebum production, reduce growth of facial and body hair, promote

epidermal thickness and stimulate melanin production.

The use of oestrogen based oral contraceptives sees hyperpigmentation as a common side effect. This usually presents on the upper lip, and then in the typical butterfly pattern. Darkening of the linear nigra is often evident.

The absence of oestrogen post menopause sees a significant change in skin density and dryness. Accelerated loss of collagen leads to more fragile skin, and the skin also loses its natural turgidity and radiance as hydration levels deplete both internally and at the surface.

Gender affirming treatment for transfeminine persons may include oestrogen and anti-androgen therapy. As a result, hyperpigmentation issues can develop as oestrogens drive melanocyte activity. Skin may also become drier with the sebum regulating and sebocyte reducing action of oestrogen.

It is worth noting that oestrogen and anti-androgen treatments are not generally successful at making significant reduction to existing facial or body hair. There is usually a requirement to implement alternate hair reduction treatments to address hirsutism. For these clients pseudofolliculitis barbae can be another frustrating result of attempting to address excess hair growth and will require interventions to reduce inflammation and impaction of the hair.

### PROGESTERONE

Progesterone is part of a group of steroid hormones released by the ovaries. It supports implantation of a fertilised ovum and maintains pregnancy. Fluctuations in progesterone levels can contribute to abnormal menstrual periods and menopausal symptoms.

Clients may take progesterone to address amenorrhea, treat the symptoms of premenstrual syndrome or regulate abnormal uterine bleeding associated with hormonal imbalance. Progesterone is also used in combination with oestrogen to reduce cancer risk as part of hormone replacement therapy.

Women produce more sebum in the week before their menstrual period, when progesterone levels are higher and oestrogen levels are lower. Since progesterone counters the sebum reducing and regulating action of oestrogen, contraceptives with high levels of progesterone (mini pills) also can trigger acne breakouts.

Progesterone is the contraceptive hormone of choice in

non-binary and transgender men. Progesterone does not impact gender affirming testosterone therapy and as such can be used during and after treatment.

### STRESS HORMONES

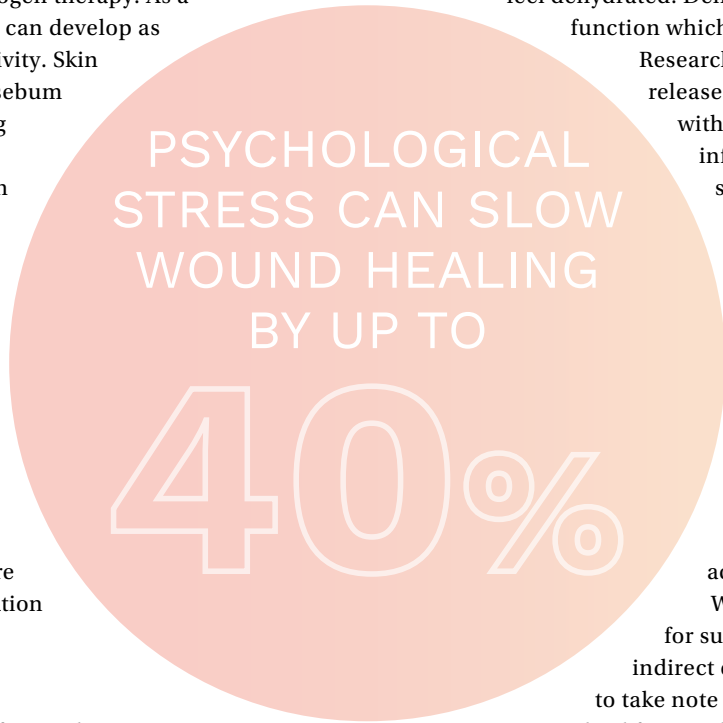
Chronic stress increases levels of stress-related hormones, such as corticotrophin-releasing hormone (CRH), cortisol and adrenal androgens, which send sebaceous glands into overdrive. This leads to excess sebum, leading to breakouts. High cortisol levels can even decrease the skin's ability to retain water causing it to look dull and feel dehydrated. Dehydrated skin has poor barrier function which may increase sensitivity.

Research suggests that stress-induced release of neuroactive substances within the epidermis can activate inflammatory processes in the skin. Recently, Substance P, a neuropeptide elicited from peripheral nerves by stress, was shown to stimulate the proliferation of sebocytes and increase lipid synthesis in sebaceous cells.

Psychological stress can also slow wound healing by up to 40%, which could be a factor in slowing the repair of acne lesions.

With hormones responsible for such a wide range of direct and indirect effects on the skin, it is vital to take note of the life stage, lifestyle and medical factors that affect hormone levels.

Considered and compassionate consultation is the key to supporting all clients in their journey to greater skin confidence. **TWR**




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**Candice Gardner** is an active advocate for technical and vocational training and participates widely in standards development and employer steering to advance the Beauty, Aesthetics and Wellbeing sector. Candice advises for various industry organisations, including BABTAC, is currently a Diversity, Equity & Inclusion committee member for the British Beauty Council, and sits on the Council for the City & Guilds of London Institute. She is Education Manager for Learning and Content at skincare brand Dermalogica.



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# Put a SPRING in your clients' step

From party tricks to emotional breakthroughs, **Jane Sheehan** talks us through the innumerable benefits of foot reading and her personal experience

**B**ack in 1999, when I first started practicing reflexology, most reflexologists tended to focus mainly on the physical and lifestyle aspects of their clients. Yet, when I began to work on my own clients' feet, I found there to be a profound emotional reaction too. We weren't being taught about the emotional connection between a person and their feet back then, so I made it my mission to find out more.

Now, almost 23 years on, I teach foot reading to around 400 people per annum internationally. It is a way of understanding your clients' emotions and personality through their feet even before you start your traditional reflexology treatment. You can look at the blemishes and distortions in the feet and interpret them to understand what your client is experiencing emotionally. It can be incorporated into reflexology treatments to make it more holistic, or it can be used on its own as an additional income stream by offering things like foot reading parties.

Besides that, foot reading is a great way of building rapport quickly; you can break down the barriers and understand the strengths and weaknesses of a person. I remember once being in a lift in Dubai. There was a lady in full abaya, with just her eyes, hands and feet showing. Instinctively, I noticed her feet. I said, "Excuse me, I am a foot reader and I notice you have an elongated second toe. Would you say you have strong leadership qualities, and if you aren't in a leadership role, then you can become bossy?" She was delighted, confirmed it with anecdotes and promptly invited my friend and I to afternoon tea.

You see, foot reading can be used to show off and have fun. Yet it shouldn't be underestimated. The very real therapeutic value of holding a metaphorical mirror up to someone, so that they can see themselves more

clearly, has to be addressed. They will be the ones to decide if they are ok with that, or whether it is time to do something about what you see.

## WE KNOW THE HEADLINES BUT THEY KNOW THE STORY

Take the time that I was at a foot reading party where I had eight people who came to me one at a time for a reading. I always hear them go back into the other room with everyone else demanding to know, "what did she say?!" At this particular party, I saw a lady with very dark, almost black-looking, soles of her feet. I explained, "Usually when I see black, it is in the toe pads and it indicates depression. However, yours is different, it is across the whole of the foot, but the horizontal zone 4 is much darker than the rest of the foot and there is red bubbling through the dark to the surface. This shows that you are feeling low across the board, but that it isn't coming from yourself. It's an outside influence that is impacting on your private life situation and making you feel very angry as well as feeling low." (Zone 4 indicates something impacting on private/family life, whereas in the toe pads it would indicate the way they are thinking themselves.) As you can see I initially know the overview, but I don't know the detail.

She replied, "Absolutely. Recently my daughter has been having gynaecological problems. She's had three tests and two of those three test results have come back. I already know it is malignant, but they aren't telling her until they get the third test result back."

I was the first person she was able to discuss this situation with, when she hadn't even been able to discuss it with anyone in her family yet. This is her daughter and the repercussions to the family could be huge. All of a sudden, this fun foot reading party has now got very deep, very quickly.



And that's the thing. You never know what you are going to uncover. With foot reading, we know the headlines but they know the backstory.

### IT'S TIME FOR AN EMOTIONAL BREAKTHROUGH

After all of the recent lockdowns, I am seeing many clients with emotional issues. Spending a year in their own company means the things they have been avoiding are well and truly surfacing. Foot Reading helps me to assess my clients. Not all the things, I find, with reflexology are physical. We've all had clients with lots of hard skin on the ball of the foot, who have no physical symptoms. I can look at exactly where the hard skin is, which zones and discuss the emotional situation with the client. I often have breakthroughs by doing this.

I taught a group in France last year and a student shared a foot reading experience. She had a 65-year-old male client who had reflexology. She noticed that the second toe on the right foot did not touch the ground. The nuance meaning of the right foot second toe is *what do I want in life* and the left one is *what is my passion in life*. When they are not touching the floor, it means that the energy is not being harnessed. She discussed this with him and he told her that he was upset because he had been retired for a month and felt that he wanted a door to open in his life to be able to help others. After his session, he said he couldn't wait to figure out how to use all of his energy.

Rest assured, the therapist will use all their skills to help - be it counselling, coaching or just simply using touch to release blocked emotions.

Another student said: "A lady I've never seen before came for a reflexology session. She was very private and didn't speak, but I felt she had a lot bottled up inside. The feet were very dry on the plantar 'hidden' side at horizontal zone 4. After the session, I told her, "You need attention badly, but the attention you expect from the outside doesn't match what you need". The lady broke down crying and started talking, the foot reading has unlocked something.

In my experience, I've found that it can be a beneficial tool to help your clients. Whether you use it as part of a reflexology treatment, or keep it separate, it can help you be intuitive to your clients' feelings, allowing you to give the best level of care possible. **TWR**

WHERE IT IMPACTS IN YOUR LIFE

THE WAY YOU'RE THINKING

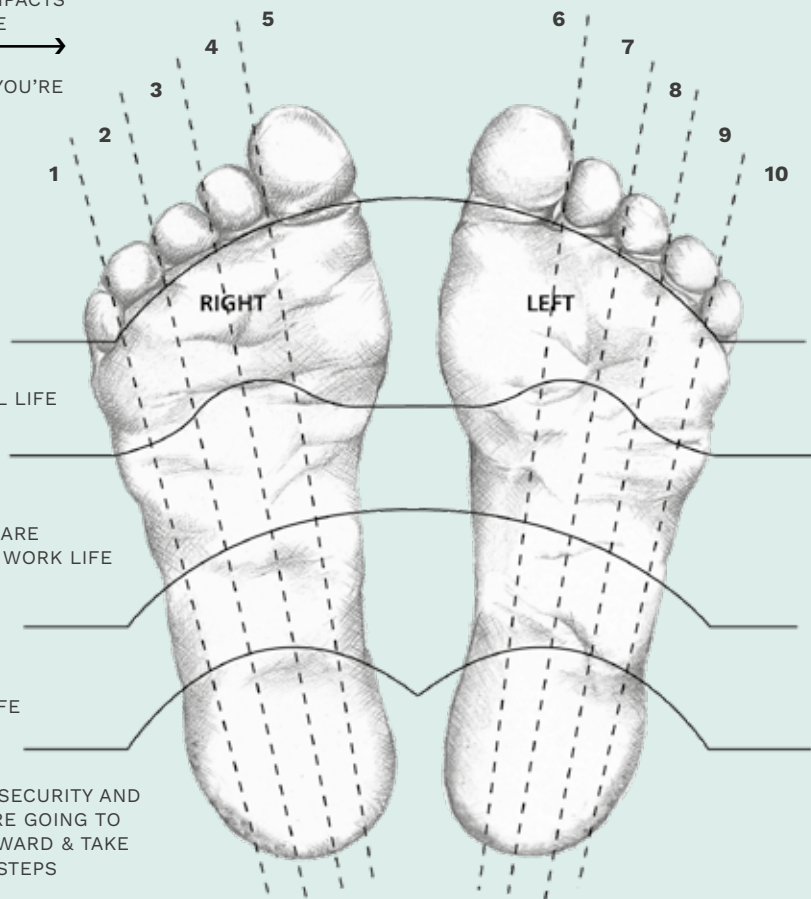
THOUGHTS

EMOTIONAL LIFE

WHAT YOU ARE DOING, OR WORK LIFE

PRIVATE LIFE

SENSE OF SECURITY AND HOW YOU'RE GOING TO MOVE FORWARD & TAKE THE NEXT STEPS



LEFT FOOT REPRESENTS PRESENT

RIGHT FOOT REPRESENTS PAST

#### KEY

- 1** Sense of security and how you're going to move forward & take the next steps: Fear
- 2** Relating: Attachment to things
- 3** Doing: Drive & determination
- 4** Feeling: What you want in life
- 5 & 6:** Thinking: Thoughts, beliefs, ideas, self-esteem
- 7** Feeling: Passion
- 8** Doing: Creativity
- 9** Relating: Attachment to people
- 10** Sense of security and how you're going to move forward & take the next steps: Trust

**Jane Sheehan** is the UK's leading foot reader. She has toured the UK, USA, UAE, Australia, Ireland and France, spreading the word about foot reading and reflexology, and is the author of seven books including the Amazon bestseller *Let's Read Our Feet!* Find out more at [footreading.com](http://footreading.com)

# THE FACIAL GUA SHA REVOLUTION



FHT accredited training provider, **Ziggie Bergman**, explores the ancient practice of Gua Sha and how its modern innovation can promote health and radiance from within and lift the face and spirit



**WORDS** ZIGGIE BERGMAN

**W**hat do Kendall Jenner, Emilia Clarke, Gwyneth Paltrow and *Holby City's* Rosie Marcel have in common? They all love Facial Gua Sha, and use it as part of their skincare regime.

Over the past year, Facial Gua Sha has taken TikTok by storm and is unquestionably top of the self-care revolution that came out of the pandemic. With devotees showing before and after pictures of sculpted jawlines, clearer skin and sharper cheekbones, it's hard not to want to jump on board.

With so many people taking self-care into their own hands, it might seem worrying for us as professional therapists. However, the opposite is true, and the demand for Gua Sha facials is higher than ever. There has been a public shift, from having traditional facials or massage to wanting something more. An experience, not just a service. So, by adding Facial Gua Sha to your therapies, you will transform the way you work, harnessing ancient and modern techniques to help you stand out from the competition, attract new clientele and, most importantly, get amazing results for your clients.

### WHAT IS GUA SHA?

Pronounced 'Gwa Sha', Gua translates as 'scrape' and 'sha' as 'petechia or redness of the skin'. Raising Sha is the process of rubbing the tools over the skin to bring blood flow to the surface. So frictioning that it intentionally raises transitory petechiae and ecchymosis. It's also known as coining, scraping and spooning. The Traditional Chinese Medicine practice of Gua Sha is nothing like Facial Gua Sha, so if you have Googled it, don't be alarmed, we don't damage the skin or cause bleeding. Facial Gua Sha is a gentle massage which has been adapted to glide and rub using a tool over the skin. It's most mainstream uses are to promote lymphatic drainage, smooth out lines and wrinkles, sculpt the jawline and be a natural alternative to botox and fillers. However, it is also a useful tool to release tight muscles, help with bruxism, headaches and sinus congestion. >

## HISTORY

Traditional Gua Sha dates back thousands of years to the Warring States period (475-221 BCE) in ancient China and was widely used as folk medicine to cure ailments like fever, coughs, colds, headaches and stress. It has been recorded using the name *cao gio* in Vietnam in the 5th & 6th centuries CE, Cambodia and Japan. Copper coins, buffalo horn, jade, hemp tools and willow branches have all been recorded as materials.

James Tin Yau So is credited as having introduced traditional Gua Sha for the first time to non-Chinese speaking students in the USA, opening the New England School of Acupuncture in 1974. His first student Arya Nielsen, wrote one of the first books in English about Gua Sha called *Gua Sha: A Traditional Technique for Modern Practice* in 1995. The first European reference is in French literature where it is referred to it as *tribo-efflurage*.

Facial Gua Sha, unlike body Gua Sha, uses gentler techniques. It's cosmetic application has very little ancient documentation, although there is a record of the scraping of scars to improve appearance in the Song dynasty using a jade Gua Sha (960-1279 CE). It developed in a measurable way in the 1990s by practitioners such as Zhang Xiuqin 'holographic beauty Gua Sha' and Shimada Sumiko, in Japan.

## PRO TIPS – IT'S NOT JUST ABOUT USING FACIAL GUA SHA TOOLS, IT'S HOW YOU USE THEM

The angle you apply the tool can make all the difference. Each edge and shape has a different function, which will vary client to client depending on their skin type, problem areas, ageing etc. So, for example, resting the Gua Sha on the cheek or stroking the flat surface for a client with rosacea is safe and cooling, but firm strokes are contraindicated, even though for most clients the strong strokes at a 30 degree angle to roll the muscle structure as you glide, will get the best results. I also don't recommend using the 'V' part of the tool, as it tends to pull the skin and grate against the jawbone and even well-

## THE GUA SHA HAS MANY BENEFITS:

- Reduces congestion and puffiness
- Lifts and sculpts the facial muscles
- Reduces the appearance of fine lines and wrinkles
  - Stimulates collagen and elastin
  - Plumps the lips
  - Clears sinus congestion
- Increases microcirculation by 400%
  - Removes Toxins
  - Relaxes the mind and body
  - Promotes lymphatic drainage

made tools are sometime rough in this area.

To try it for yourself every morning or evening when you wash your face, with clean hands, apply cleanser or facial oil and if you have the popular shape tool that looks like a strange animal footprint, use the concave edge to work from the side of your nose outwards to your ear 8-12 times on each side. You should see a healthy glow appearing almost instantly. Alternatively you can use the back of your knuckles with medium pressure.

## MY PERSONAL JOURNEY WITH GUA SHA

I first learned Facial Gua Sha in Japan in 1992 and have taught and practiced it in the UK and USA since 1997. It is a constantly evolving passion and having lived for many years in Santa Fe, New Mexico, learning from Native American shaman and healers, this also inspires my own practice and teaching. Facial Gua Sha is my aura sweeper brushing away the negative and stuck energy and calling in the positive. This unique approach in my new FHT accredited *Gua Sha Mastery - Advanced Techniques* teaches you how to use five different styles of Gua Sha tools to sculpt and lift the face, but most importantly how to release emotions held in the face as you manipulate the sub-dermal fascia to break up stagnation. **TWR**

**Ziggie Bergman** is an award winning Facial Reflexology expert and teacher with the London School of Reflexology. 2021 Best Holistic Therapy Winner – BBC 2 Janey Loves Awards. She regularly features in the press and has a clinic in Knightsbridge, London. For further details visit [zonefacelift.com](http://zonefacelift.com)

@rosiemarcelofficial before and after her Gua Sha treatment with Ziggie



PHOTOGRAPH: ZIGGIE BERGMAN



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IS  
**wellness**  
BEAUTY'S NEW  
**buzzword?**

IN CONVERSATION WITH

## MILLIE KENDALL

We talk to the beauty industry maven, **Millie Kendall OBE**, about the British Beauty Council: from regulating standards to building reputations, and why the beauty industry is more resilient than people might think

WORDS MOLLY DENTON

**E**ven if you've never heard of Millie Kendall by name, chances are you've used a beauty product she's either created, marketed or helped to launch. She is the beauty industry's mainstay who has been instrumental in the success of brands such as Shu Uemura and Aveda, introducing them to the European market. She's one of the faces – alongside makeup artist Ruby Hammer – who changed the course of drugstore make-up with the product line Ruby & Millie in Boots. And she has become a fundamental figure in remodelling how we shop beauty online with the innovative platform, BeautyMART. Not only that, on the back of this impressive 30-year career, she's picked up both an MBE and OBE along the way.

### THE BRITISH BEAUTY COUNCIL

In February, we sat down with Kendall to discuss her latest endeavour, the launch of the British Beauty Council (BBC) – the first formal group to lobby legislative and policy issues at a government level that impact the whole beauty and wellbeing industry. Forming in 2018, when the pandemic was just a twinkle in our eyes, alongside business partners Anna-Marie Solowij and Kate Shapland, Kendall set out to change the way beauty was perceived by both insiders and outsiders.

“I turned 50 and thought ‘is this the sum total of my life? I need to do something else”, Kendall says ardently. Even from a one-hour conversation, you can see the passion radiate within her and everything she does. “Whether it's beauty communications, packaging technology or beauty journalism, there is still space for me to make a change,” she adds. But she's modest; in many ways, Kendall has inspired a difference in the industry since as early as 13 years old – when she was just a ‘shampoo girl’ at the Michael John salon in Beverly Hills, and her ideas first started to take

form. Essentially, the BBC embodies all of this: her experience, entrepreneurial mindset and ideas on how to progress the industry further.

When the BBC first came to fruition, the beauty industry didn't have a successful initiative like it. “It's like we were on a surfboard waiting for the wave,” Kendall says. “When it came in March 2020, we stood up and rode it.” And what better timing, too; as we moved into the deep water of the pandemic, our lives altered dramatically, and the perceptions of ourselves and what we deemed important mirrored that – particularly within the wellness sector. With many of us stripping back to the basics, with a new focus on health, fitness and livelihood, the industry transitioned into a brand new market, pushing personal care to the forefront.

### ENVISIONING NEW MEANING

“We were all affected by the pandemic, whether we know it or not,” muses Kendall. As we have been isolated from other people, she feels that our day-to-day conduct has changed: where we eat, how we shop, where we go, what we do, how we work, and so on. When it comes to wellbeing, she believes the transition started when brands went direct-to-consumer, following in the path of a more niche market.

“Our phygital, omnichannel behaviour is different. We're more likely to search for products and therapists ourselves, meaning more and more people have treatments at home,” she says, which she was against for years before, feeling as if she had to support the high street. It wasn't until 2021, when the market had changed and working-from-home was the norm, that she experienced a home treatment that wasn't massage: an acupuncture facial that changed her perceptions completely. “It was so good; I've never sobbed like it in my life,” she says. >

## “It’s made the nation respect and understand how therapists and other healthcare providers contribute to their wellbeing”

This is not to say that we didn’t have an interest in personal health and wellbeing pre-pandemic; it just means because of the climate of the situation and the global sickness we faced, we started becoming more aware. “It’s made the nation respect and understand how therapists and other healthcare providers contribute to their wellbeing,” Kendall says. Our attitude has changed. The notion of looking after ourselves has become more solidified in the DNA of the average person on the street, and keeping up with personal wellness is no longer considered ‘vain’ or ‘self-absorbed’. “Cats and dogs groom themselves; it’s a natural occurrence and I don’t know why it’s looked upon so negatively,” she adds.

With our change in attitude has come a much-needed change in language. Women’s magazines that would routinely have a ‘health’ section and a ‘beauty’ section have merged the two. “They’ve come together as ‘wellness,’” says Kendall. “It’s the new beauty buzzword.”

### FUTURE-PROOFING THE INDUSTRY

Kendall spoke candidly about the effects of politics on business and how the industry is remarked; with this, the British Beauty Council made it their priority to debunk the reputations of the industry that are dated and linear. “People have this assumption that when you work in hair or beauty, you’re shallow or surface-level,” Kendall says. With her experience working with many industry professionals, she’s dedicated to showing this is not the case. Through education and innovation, the BBC advocates on behalf of the industry to make sure it is recognised and valued at all levels. “I’ve known so many beauticians, hairstylists and even massage therapists put into the same category once they reveal their job role; it’s really frustrating because the industry is full of dedicated, hardworking people,” she adds.

Not only does the BBC challenge perceptions of the industry, but they also look for how they can improve it. Alongside its ESG (Environmental, Social and Governance) strategies that champion a sustainable and equitable future, they also commission, collaborate on and share groundbreaking reports that address

these key topics to keep the industry learning. These include the *Value of Beauty*, *Diversity & Inclusivity*, *Courage to Change* and the *Planet Positive Beauty Guide*.

With this newfound awareness of wellness that the pandemic has bought on, we’ve also become more aware of the services surrounding us that may not have been so visible before, such as nurses, shop clerks and delivery drivers. Kendall puts this down to education. “Not education in the sense that I’m going to teach you a course, but more on a general, more conscious level,” she says.

She mentions that the *Value of Beauty* report, published in July 2019, shows that the beauty industry supported £7bn in UK tax revenues in 2018. “That pays for 250,000 nurses’ [salaries],” she says. “During Covid, Matt Hancock said there were 280,000 nurses, which means that the industry has paid for [89%] of them. It’s things like that that need to be talked about and celebrated.”

### IT’S A PASSION PROJECT

Like many sectors that host a wide range of small businesses and self-employed workers, the beauty and wellness industry runs on passion. With most therapists, hairdressers and beauticians dedicating their time throughout the hardship of the pandemic, the sector has continued to uphold its business and re-establish its reputation. “Our services are essential and we are contributing to the overall wellbeing of the nation,” Kendall says. “We just have to convince people of that.”

And so they do; according to a report by the Local Data Company, commissioned by the BBC to demonstrate the sector’s ‘strength, flexibility and resilience’, the high street – particularly hair and cosmetics – has grown by 1.1% while other industries have shrunk completely. “The fact that we’ve come back killing it on the high street is pretty amazing. Individually, we may be small, but collectively, we are mighty,” Kendall says.

As diversity and inclusivity dominate conversations around the globe, workplaces are adjusting accordingly, alongside brands and marketing campaigns – and beauty is no exception. As the industry has been noted to be one of the more diverse industries to work in, with people appearing from various schooling and class backgrounds, the BBC only wishes to develop that further – through education. “Learning is the most important thing we can do,” Kendall says. “People need to know how to work with different skin, different hair, different bodies and be respectful – I think as people come from a range of backgrounds, they have more understanding as a whole.”

What’s more, the continuing opportunities for people in the sector keep the industry growing. “People have to realise that it’s pretty much the greatest place on the planet to be,” Kendall says. “There is so much openness and freedom in the industry,” and according to the BBC’s *Is Beauty Inclusive* panel in 2019, the glossy, sterile, self-centred and ‘traditional’ staging of beauty and wellness is fast-moving into a thing of the past. It seems those with the most diverse workforce will continue to push it into a bright, sustainable future. **TWR**





**“As diversity and inclusivity dominate conversations around the globe, workplaces are adjusting accordingly, alongside brands and marketing campaigns – and beauty is no exception”**



# Should pregnancy massage be available to **ALL WOMEN?**

FHT accredited training provider, **Suzanne Yates**, provides an insight into why pregnancy massage should be available to all, and the changing language that surrounds it

**W**hen I was pregnant in 1990, I set up Wellmother to 'support women and their babies to access their inner wisdom'. My mission statement included making bodywork (especially massage and shiatsu) a core part of 21st century maternity care. I have always believed that massage offers so many health benefits that it should be free and not only available for those who have the knowledge and the money to access it. Sadly, this has not happened – at least in this country.

The situation 32 years on is of increasingly medicalised maternity care with more of a focus on screening and testing, and less time given to discuss emotional and physical concerns. The political climate is such that some people question the use of the words 'mother' and 'pregnant women', preferring more gender-neutral terms such as 'people'. While I respect and acknowledge the need for diversity and inclusivity in this field, the verb 'mothering' to me,

represents a quality of care-giving which men, as well as women, non-binary or transgender people are able to give. In light of this, I decided to keep my company name 'Wellmother' but change my strap line to 'Mothering Ourselves, Others and Mother Earth'. This reflects my own journey of working more with supporting fertility and the menopause, as well as understanding the impact of the maternity period on the rest of our lives – not only for mother and baby, but the whole family. It also reflects my own process of going through the menopause, having adult children and moving to live in the countryside in France. A large part of my work is encouraging people to connect with the natural world and seeing their bodies as part of this whole. This connection with nature is the foundation of ancient medicine. We both receive and can also give to nature – mother earth.

Mothering, or nurturing the mother, is an important part of a more holistic approach to maternity care. Massage and shiatsu can play a huge role in nurturing, since touch is our first sense to develop in

the womb. Touch can help us heal and access our deepest resources and potential. Pregnancy is so much more than a medical event with its associated ‘risks’. It is a life changing moment, not only for us, but for our baby, future and past generations. It is important to support mothers and their families not only physically, but emotionally and even spiritually. Bodywork is not a luxury but a necessity. An important benefit is that it can help connect a mother with her changing body and help begin the creation of a relationship with her new baby. It has some benefits for easing and addressing many of the physical changes and having space allows mothers to connect with their emotions as well. Often bodywork itself can release and transform emotions.

The pandemic has hastened the lack of emotional and physical support given by medical antenatal care. Many appointments carried out are not in-person, and even when they are, often partners are not able to attend. Commonly, partners aren’t able to attend all of the birth, or stay with the mother afterwards. Even before the pandemic many midwives were leaving their profession, or at least reducing their hours, because they felt they were not able to give the full duty of care that pregnant women need. Now, this trend is increasing. On my pregnancy massage courses, I usually have at least one midwife. This is wonderful if they are able to offer massage during their midwifery work, but often they are running it as a separate massage business.

However, it’s not the same in all countries. In the US, because of the private funding of the health service, many hospitals and clinics employ massage therapists as they recognise the benefits. In France, some of my shiatsu students were employed at the Pithviers hospital where the famous Michel Odent worked (a pioneering obstetrician of natural birth approaches). In France and Switzerland, I have trained midwives to integrate shiatsu in their work. I have done this in the UK but over the past couple of years, because of lack of funding, this has been reduced.

I am perhaps naïve, but I am hopeful that one day massage and touch will return to their vital place – supporting mothers and their babies. In many traditional societies the midwife also gives the mother massage, both in pregnancy and afterwards. I would love to see massage offered

### BENEFITS OF SHIATSU MASSAGE AND TOUCH FOR PREGNANT WOMEN

**PHYSICAL RELIEF** – Addressing many of the physical complaints associated with pregnancy: lower back ache, pelvic instability, tight shoulders, neck and jaw tension, varicose veins and oedema. Morning sickness is often eased by the relaxation of gentle massage in the first trimester but there are energy-based techniques which can give additional support (such as Heart Protector 6 point).

**STAYING CALM** – A calming space can give support to process the emotional changes. As a woman connects with her body, often emotions rise. Having time with no demands can enable her to connect and express her emotions.

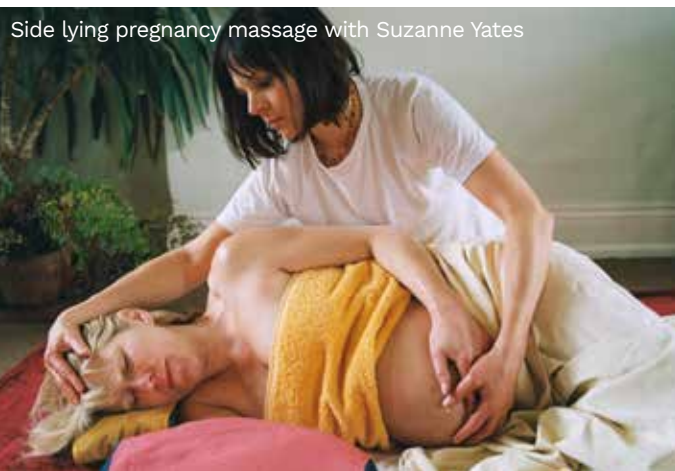
**DEEPER CONNECTION** – Physical touch and abdominal work can support a mother to connect with her baby by bringing her attention to what is happening for her baby. She becomes more aware of her baby’s response to touch.

**DEVELOPMENT** – Touch supports baby’s development by encouraging movement (reflex responses and then more aware) and emotional connection.

**BUILDING RELATIONSHIPS** – Involving partners through teaching some touch-based techniques for pregnancy, birth and postnatally. The partner feels the baby’s response to touch and it helps build their relationship. The partner can also feel involved with the pregnancy because they can learn techniques to support the mother e.g. ease shoulder pain and support birth and breastfeeding.

to every pregnant woman, not only in her pregnancy but in the six to eight weeks postnatally as part of routine antenatal care. A gentle mothering touch supports us all to connect deeply with ourselves and trust in the wisdom of our bodies. **TWR**

**Suzanne Yates** is the founder of [wellmother.uk](http://wellmother.uk). She is currently writing a book about the ‘extra-ordinary gifts of your life journey’ and will be running a women’s retreat in Portugal in June.



Side lying pregnancy massage with Suzanne Yates

PHOTOGRAPH: SUZANNE YATES

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RETREAT INFO



YOUTUBE



IN CONVERSATION WITH

## Empowering and inclusive massage with

ANA  
BOTTT

Pioneering the way for getting transgender-specialised learning to be recognised on the healthcare syllabus, **Ana Bott** (MFHT) talks all things empowerment, tailored care and inclusive practice

WORDS MOLLY DENTON

**B**righton-based massage therapist Ana Bott is building a formidable reputation among the complementary therapy industry as a leading advocate for diversity and inclusion. Not only is she the owner of her own inclusive clinic, but she is also a leading player in championing transgender-specialised education across the sector. Over the last few years, she has written about transgender healthcare for academic textbooks, delivered training to international organisations, co-written and co-lectured on the world's first LGBTQ+ inclusive healthcare course and, most recently, won FHT's Inclusive Therapy Business of the Year 2021 Excellence Award.

Her mission is simple: "to give LGBTQ+ clients the recognition and healthcare that they deserve," and so far, she is succeeding. In 2021, inspired by the growth in the community and additional time given by the Coronavirus lockdown, she opened her massage clinic, The Real Massage, in the centre of Britain's LGBTQ capital, Brighton.

After a year of delivering trauma-informative massage to an array of people, Bott's client roster has impeccably grown – with some travelling from all over to have a taste of her practices. "I think the furthest someone has flown is from North America," Bott says nonchalantly. Once she opened the conversation around specific therapy practices surrounding LGBTQ+ people, she quickly gained a waiting list, "it was then that I knew how much of a need there was for inclusivity within massage."

With an extensive professional background rooted in trauma – working in child protection and child sexual exploitation services for over 10 years – Bott has a good understanding of how trauma, and more importantly how touch associated with trauma, affects the body. Coming out of such a hands-on profession, she knew she still wanted to do something intersectional, and helping people feel safe within their own body felt like the perfect recourse. That's when massage came into play.



*“Everyone is entitled to tailored care. It’s not about giving someone special attention; it’s about recognising that we live in a world where people have different shaped bodies and lived experiences”*

OVER  
43.2%  
OF 283

transgender participants said they  
had been a victim of touch-based  
trauma resulting from their gender



While training for her qualifications, Bott soon realised the lack of inclusivity within the healthcare and holistic sectors. The textbooks were flooded with Caucasian, skinny bodies and there was no education on how different ethnicities, body types, or social situations required tailored care. “Everyone is entitled to tailored care. It’s not about giving someone special attention; it’s about recognising that we live in a world where people have different shaped bodies and lived experiences,” she says.

Bott then goes on to detail diverse ways our body can be affected by circumstance – with a particular interest in marginalised communities. “There are multiple studies that show that growing up in a marginalised community can have a significant impact on the chemicals in our body,” she says. One chemical that’s proven to be affected is the hormone oxytocin – which we need to keep high to keep our immune systems in check, so our muscular-skeletal systems can release tensions. Treatments such as massage can be used to help those from these communities, as when touch is used in a safe and consensual way, it can spark an oxytocin surge within the body. “Even if we’re not treating something pathological, such as a thoracic outlet, or we’re working on someone with a spinal issue, or someone who simply wants to relax, the oxytocin surge can do wonders, not only for their bodies but for their mental health,” she continues.

Identifying as LGBTQ+ herself, a largely considered marginalised community, Bott decided to focus her case studies on how transgender bodies react to different complementary therapy treatments, quickly learning that there were consistent pain patterns that weren’t being recognised by conventional

healthcare systems. Statistics over the past two years show that there is an unrelenting need for trans-inclusive healthcare, and according to a 2015 study by the American Psychological Association, 50% of transgender respondents shared they had to educate their healthcare providers about their own care needs, which led to an overall drop in trust within the sector.

“As I was gaining clients, I was hearing horror stories of how they’d been treated previously. They had been misgendered, or the practitioner wasn’t understanding of the health impacts of formal surgeries or different treatments they had, or they were simply scared of the idea of massage in general,” Bott says. When she started training in 2018, no qualification in the UK acknowledged trans-specialised healthcare, so for her to learn the qualification, she had to help write it.

The LGBTQ+ inclusive healthcare course for manual therapists is the first course in the world to look at trans-specific pathologies, gaining recognition from both the NHS and international healthcare systems. Following an integrated approach, it is full of both medical and practice-based research. “With this knowledge, I, along with many others, have been able to positively change so many lives. Working clinically with transgender people has huge benefits in terms of pathologies, you can spot and potentially correct things that other healthcare providers may not pick up” says Bott.

Not only that but working this way – in an attentive and respectful environment – can change an individual’s outlook on healthcare experiences. “Quite often when trans-women come in, and we light the candles and use fragranced oil, they start crying because it’s the first time that they feel they have been respected as a woman within this setting. It is nice to be able to give them that experience where they can feel like themselves, and feel safe,” Bott continues. Sometimes, when you’re outside of a marginalised community, it’s hard to see the effects certain situations can have, and Bott feels this is something that everyone should be aware of, that people should practice inclusivity not only in their jobs but every day too. “Inclusive massage is a non-intimidating way to take care of your body and can be the gateway for a client to access the other healthcare that they need,” she says. There is a current need to raise awareness about how complementary therapies can help a range of health and other issues that specifically affect the LGBTQ+ community.

It is known that transgender clients are more likely to have touch-based trauma than cis-gendered clients; in a study by Smith College from 2007, results showed that over 43.2% of 283 transgender participants said they had been a victim of touch-based trauma resulting from their gender, such as sexual and physical abuse. “It’s all about reaffirming safety to your clients,” Bott says, which is her first step in supporting them. “The body keeps score and when someone has trauma, the brain makes a five-second judgement on whether a situation is safe. When they



PHOTOGRAPH: ANA BOTT

Ana Bott in her practice room at The Real Massage

think it isn't safe, the body goes into the sympathetic nervous system, which makes it hard for practitioners as the body becomes tense," she adds, quoting psychiatrist Dr Bessel van der Kolk and emphasising that a tailored approach to healthcare is vital for an effective massage and a happy client-base.

From the first meeting to the last, inclusive practice is about understanding your clients' needs. "What I try to do is get my clients to come into the parasympathetic nervous system from the first interaction, which will most likely be social media," Bott says. Ensuring that she promotes and talks about different issues, surrounding all bodies, genders and treatments can increase the initial trust she has with her client. "All the things that they may feel anxious about have already been addressed, so when they get to me, it's just about re-affirming what we've spoken about already," she adds.

In addition to promoting a treatment environment where clients feel safe and relaxed, Bott has led seminars with national charities and created free resources for other bodywork

therapists. Her goal is to encourage as many people as possible to practice inclusivity within their practices. Each month, she works closely with those who typically cannot afford massage treatments, giving slots to those who are of lower income. "I'm not interested in seeing their payslip, if they feel they need it, that's good enough reason for me," she says. Alongside this, she offers at least five free massages per month – typically through fundraisers. "The thing is massage shouldn't be considered a luxury to those that can afford it, it should be part of our healthcare. We need to change people's perceptions and move [healthcare] from being intimidating to being empowering instead." **TWR**

### ANA'S TOP 5 REASONS TO INCORPORATE INCLUSIVITY INTO YOUR PRACTICE

- 1. Understand that we live in a world where people have different experiences:** Currently in UK healthcare we use a biopsychosocial health model, which means that we recognise the environmental factors of someone can have a huge effect of their health. To understand that people come from all walks of life is the first step.
- 2. Make your practice more accessible:** Studies have shown the need for trans-specific healthcare. When we look at suicide rates, they're extremely high among trans people, and the studies show that show that a contributing factor is a lack of healthcare.
- 3. Remember that touch is a powerful tool:** Touch has a memory, and when someone has an unpleasant experience of it, we can't take it away. It's important to honour touch as an intimate experience – it should be consented and respectful. Understand how the power of touch can help someone connect with their own body, make them feel safe and take care of themselves.
- 4. Business savvy:** We know that inclusive businesses make 34% more profit in their first years of trading than non-inclusive, so incorporating inclusivity in your practice cannot only make your clients happier, it can allow you to make more money quicker.
- 5. Legal responsibility:** As professionals, we legally must follow the Equalities Act 2010, which states trans people are a protected characteristic. In the UK alone, we know anyone working in healthcare is required to tackle health inequalities, so we must recognise that it's not just a moral thing to do, there are legal obligations too.

“ONE OF  
THE **BIGGEST**  
**BLOCKS** TO  
A BETTER  
LIFE IS  
**UNTOLD**  
**TRAUMA**”





Are lesser-known childhood traumas limiting your life today?  
 FHT's Excellence Award Tutor of The Year winner, **Sandy Newbigging**,  
 talks us through the impact of childhood trauma



**WORDS** SANDY NEWBIGGING

**B**eing raised by good parents and having what we consider to be a *normal childhood*, doesn't always mean that we avoided the lesser-known early-life traumas that can be negatively impacting us, from the shadows, until today.

Trauma is a topic that some may find daunting; with even the mere mention of the word being potentially 'triggering'. This is largely due to the general lack of education on the subject, and the belief that it's *hard to heal*. As with all mental health issues, there exists a spectrum - from 'complex' and obvious, to more common and subtle forms. Here I'm highlighting the less complex early-life traumas that can often be overlooked and yet can be detrimentally impacting our present-day health, happiness and progress.

### ARE YOU 100% TRAUMA FREE?

I've met many well-intentioned wonderful people, wanting to heal and live positively. However, despite often having a library full of self-help books or attending countless courses, their health conditions, emotional issues and persistent life problems continue.

After 18 years of research and clinical work, I've observed that one of the biggest blocks to a better life is childhood trauma. Until recognised and released, change is often limited, healing is hindered and our problematic patterns tend to remain in place.

I am yet to meet anyone who has 'successfully' navigated their life 100% trauma-free; with childhood trauma being far more prevalent than I originally thought. I used to think trauma was limited to the classical kinds of big traumatic events, like physical attacks or accidents. However, I've since discovered that the most common childhood traumas are largely unknown, unrecognised, undiagnosed and, consequently, untreated.

Many early-life traumas have been performed without

malice. They are just the inevitable consequence of parents unwittingly playing out, and passing on, their own traumatised parts and patterns. By shining a light on such traumas, we can quickly learn if any of them have happened to us, and use this illuminating knowledge to find our own freedom through forgiveness.

### WHAT IS TRAUMA?

Trauma is the physiological and psychological response to distressing events that overwhelm our Autonomic Nervous System (A.N.S.); often due to feeling helpless or unsafe. Trauma essentially chips away at our inner sense of safety and ability to trust ourself, others and the world. Over time, as trauma compounds, we end up experiencing life as increasingly stressful, scary and shame-inducing, isolating and limited.

Common diagnoses such as anxiety, panic, depression, burnout, ADHD and PTSD, can all be linked back to trauma held within the brain and body. Trauma can also cause health conditions, self-worth issues, relationship and financial problems, and suffering involving grief and loss. Therefore, to heal or change, it is vital to ensure that we release trauma from the A.N.S.

The A.N.S. controls all of our vital functions. It works behind the scenes to keep us alive and determines how we respond to life. The A.N.S. consists of two main parts: the parasympathetic, associated with relaxation and digestion, and the sympathetic, responsible for the fight-flight-freeze-flood responses.

Trauma tends to have two components: 1) Dysregulation of the A.N.S. and 2) Storage of the trauma memory in the area of the brain called Procedural Memory. Once a trauma is 'installed' in this part of the brain, we end up reacting every time we are triggered. Consequently, trauma narrows our choices, can negatively impact wellness and reduces our ability to interact with life in a calm and productive way. >

### THREE UNTOLD TRAUMAS

Here's three of the lesser-known childhood traumas. See if you can relate to any of them...

**1 Proximal Abandonment** occurs when the parents are physically present, providing food, shelter etc, but are unable to emotionally connect, support and bond with the child. Most people overlook this very common trauma because their parents didn't officially 'abandon' them. Yet, as far as the child is concerned, it is *experienced* as abandonment.

From birth to around age two, the child's primary need is bonding. If our parents, for whatever reason, cannot bond with us in the ways that we need, it can impact the rest of our relationships, along with our on-going sense of self-worth, safety and our ability to trust.

**2 Thwarted Autonomy** usually occurs when we are learning to crawl, walk and talk, when we are beginning to establish our boundaries and starting to explore the world. The dictionary definition of thwarted is to "prevent (someone) from accomplishing something". If a parent is over-protective, overly-critical or often punishes us during the development of our autonomy, we can quickly learn that the world is a dangerous place - promoting chronic fear - and develop what's called 'toxic shame'.

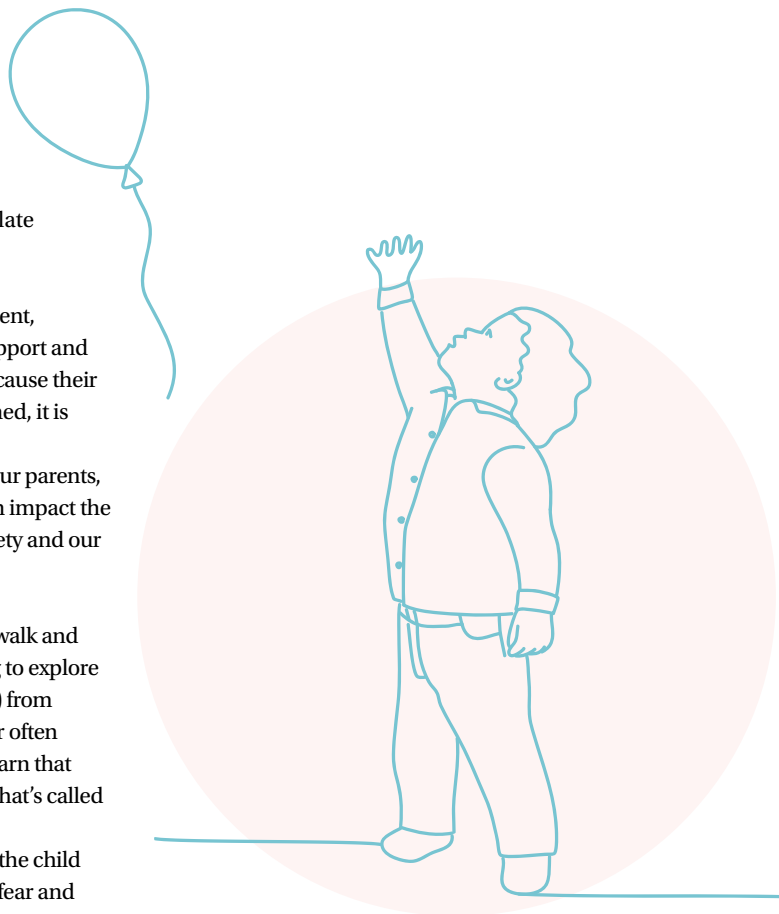
By repeatedly being told that we are doing something 'wrong' or 'bad', the child tends to conclude that 'I'm wrong' or 'I'm bad', for example. The chronic fear and shame that comes from Thwarted Autonomy can cause us to limit our life - due to a heightened need to 'stay safe' - and also be a hidden cause of self-sabotage; due to us believing we are bad, never good enough and even deserving of punishment.

**3 Parentification** occurs when the child *becomes the parent* by taking on their roles and responsibility. There are two main types of parentification. 'Instrumental' happens when the child takes on the tasks of the parents - such as being responsible for taking care of siblings, cooking, cleaning or even looking after the parent. 'Emotional' parentification happen if the child is burdened by the parent's problems and put in the position of needing to be the counsellor or confidante to the parent.

Parentification can be an anxious and overwhelming experience for the child; essentially robbing their childhood and removing their access to any healthy parental role models. Common signs that this may have happened to you would be struggling to trust people, neglecting your own needs, resisting adulthood, struggling to say no, unexplained grief, often feeling guilty, or dysfunctional relationships.

Other forms of childhood traumas include being raised by a narcissistic parent, all forms of mental, emotional or physical abuse, or being chronically sick as a child. If you can relate to any of these early-life traumas, you are not alone. With so many people secretly impacted by untold early-life traumas, it is too common to be embarrassed about. Rather, researching and releasing your traumas can be very life-affirming; increasing resilience, confidence, empathy and compassion within yourself and towards others.

Knowledge is power and my intention for providing this whistle-stop tour of the lesser-known childhood traumas is to empower real healing and transformation within you. Our goal here isn't to appoint blame or feel wronged, but rather to embark on what can be an illuminating journey of personal enquiry, discovery, release and ultimate recovery. **TWR**



“Releasing your traumas can be very life-affirming; increasing resilience, confidence, empathy and compassion within yourself and towards others”

**Sandy Newbigging** is a therapist, meditation teacher, author and award-winning tutor. Sandy specialises in releasing past traumas, understanding and harnessing the mind-body connection, improving mindset, and gaining an optimal relationship with life. He uses a combination of his personally-developed Mind Detox and Mind Calm methods, and also Q.E.C. Sandy recently won the FHT 'Tutor of the Year' award. [minddetoxacademy.com](http://minddetoxacademy.com)



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KEEPING CALM – LET'S USE

# Hand Reflexology

Principle of Jubilee College, **David Wayte**, talks us through a step-by-step Reflexology process to help with everyday stresses



WORDS DAVID WAYTE

**B**ack in March of 2020, the world went crazy and stress levels went through the roof. Most thought that Covid would be over within the year...but it's not and it seems we are going to have to learn to live with it. With restrictions chopping and changing, the stress that is associated with these past two years hasn't gone away. Below are some Reflexology tips and tricks to deal with life's little pressures.

There is a saying: 'Physician heal thyself'. In essence, this saying means 'practice what you preach' – that we should be looking after ourselves, so in turn we can look after our clients. A really important area to be aware of is how much stress we are living with. One way that anyone (Reflexologist or not) can incorporate some effective stress-busting techniques is to practice hand Reflexology – and this can be self-delivered, so no cost to yourself at all!

Below, I've listed some step-by-step techniques that will really help rub that stress away:

**1** First, find a quiet space where you won't be interrupted. Perhaps play some quite music or burn a little incense. Creating the right environment is important – even with a self-delivered treatment. Use oil or cream to allow your fingers to glide, and you're set.

**2** Using the chart, find the green circle. This is the solar plexus point, a place where many carry emotions. Place your thumb on your other hand where the green circle would be. Press in and make little circles for 30 seconds. Swap and repeat on the other hand.

**3** Next, find the orange line across the hand. This is the diaphragm reflex, a muscle very much affected by stress. Place your thumb pointing in the direction of the line on your hand and imagine a caterpillar walking along that line. Repeat three times and then swap hands.

**4** We now come to the heart. In Reflexology we think of this as our 'emotional heart'. Find the pink circle on the diagram. Work

the area with the caterpillar technique or with thumb circles – whichever feels best.

**5** Now find the light blue square which is under the little finger. This is the shoulder reflex, a major area for stress. Apply thumb circles to this area for 30 seconds and then move on to the dark blue line where the fingers join the hand, this is the trapezius. Place your thumb pointing along the direction of the line and continue with the caterpillar technique. Take the tiniest 'steps' and don't rush to get to the other side. Repeat three times and then swap hands.

**6** Now find the orange area on the chart. This is our neck. Massage round the highlighted area with fingers and thumbs on both of your hands. We all know that the neck holds stress so this is a very important place to pay attention to.

**7** Finally, look for the purple coloured area on the fingertips. This represents the brain, so if your thoughts are running away with you, roll over the tips of your fingers with your other index finger and calm your busy brain.

**NOTE:** While you are giving yourself a treatment, you might find a spot that is slightly more tender than the rest. This is your hands communicating to you the areas that extra attention needs to be given. Stay on that spot until the tenderness has gone. **TWR**

**David Wayte**, CERT ED, MAR, CNHC, is principal of Jubilee College and the inventor of Finger Free® Reflexology. He also hosts weekly 'Wednesdays Reflexology Wisdom' on his Youtube channel, where you can watch interviews with eminent Reflexologists and learn Reflexology tips free of charge: [youtube.com/c/DavidsReflexologyChannel](https://www.youtube.com/c/DavidsReflexologyChannel)





Complementary therapists working with

# THE ARMED SERVICES

Do you truly know the people that you're supporting? Have you ever worked beyond your clinic? FHT's own **Herman Fenton (HFST)** offers his personal experience working with Field Gunners, the ultimate military team sport, and explains why it's important to understand the individual as well as the sport in order to give the best care



## WORDS HERMAN FENTON

**F**or therapists to work effectively with elite athletes, I feel they should have some personal understanding of the individual and their mindset in order to fully appreciate the sport they participate in and be able to offer appropriate therapy.

I first came into contact with Command Field Gun back in the 1980s when I was competing at the Royal Tournament's inter-service Fencing Championships, as both the team therapist and as an Army Fencer, and wanted to share my experiences here to inspire others to work out of the clinic setting.

### THE HISTORY OF FIELD GUN

Starting in 1907, Field Gun is a sport that was widely known for its teamwork, leadership, moral and physical courage commemorations, until it ended in 1999 due to lack of funding and personnel. The competition, which was originally contested by crews from the Royal Naval Bases of Devonport, Portsmouth, Chatham, originated when Queen Victoria gave the sailors of the Naval Brigade the privilege of marching through London on their return home with their guns on display, to appear at the Royal Naval and Military Tournament at the Agricultural Hall Islington. Over time, the format evolved and the location changed to Earls Court but it remained the centrepiece of Britain's annual Royal Tournament.

In the same year, two months after the Royal Tournament started, Brickwood Brewery donated a silver trophy to the Royal Navy which saw the start of the Brickwood competition. This is run on a flat concrete track and involved no obstacles with a stipulation that it could only be competed for by Portsmouth-based units.

In 1975, this was changed to enable all navy units to compete and is still run each year at HMS Collingwood as part of HMS Collingwood Open Day, now referred to as the Royal Navy Royal Marines Charity (RNRMC) Field Gun Competition.

Field Gun entails each crew of 18 highly disciplined, motivated and physically fit field gunners to assemble the field gun and run with it, disassembling and reassembling as the competition requires, before running the gun home, maintaining the spirit of the Royal Navy's contribution to the relief of Ladysmith. The guns weigh in at an incredible 2075lbs when complete. The crews are >



Tent therapy

all volunteers who generally train in their own time and operate in a relatively flat structure without ranks, normally under the guidance of a No1 trainer and a crew captain.

### STRENGTH AND STAMINA

There are no ranks or divides in field gun; both men and women compete on equal footing for their position on the crew and teams are only selected the night before competitions, when they are presented with their prestigious track shirts. Individuals carry out their own personal training of strength and conditioning to the peak of military fighting fitness in their own time, building up to training camp where they can be training daily from 8am until 6pm.

Once they move down to HMS Collingwood for track-week, the training days can be even longer, pushing the body to its limits to the point where it can take no more. This is where sports therapists can really help these super-fit athletes with treatment in order to prevent injuries; we help with their stretching regimes, hydration and use massage to break down and remove lactic acid build up.

The nature of field gun and the need to stop the heavy equipment on a sixpence puts immense pressure on the elbow and knee joints, meaning my cryo-cuffs, ice packs and wet towels come into play to help control inflammation between their runs and drills. I find that most sports therapist that I have been in contact with are aware of cryotherapy but may not be fully up-to-date with the latest portable cryo-cuff equipment, which has proved invaluable in this field outside of a clinical setting.

### ADAPTING TO THE CREW

In 2010, I started work as a sports therapist with the Royal Navy. I was first offered crew therapist of HMS Campbeltown but, after the ship was decommissioned a few months later, I moved to MoD Corsham in 2014. I joined at track-week where my abilities were quickly put to the test when I found their Skipper and crew captain, Andy, lying out cold on the track after slipping on the sprint home with the weight of the gun having gone over both of his legs.

With no reserves to take his place, it was up to me to get him back on his feet... and quickly. With many ice massages, strapping, taping, cryo-cuffs and mechanical massage between every run and at the end and start of the day, I am pleased to say that the MoD Corsham were still able to fully compete on both days of the Brickwood Trophy Competition.

The most important lesson I learned from the season was that I needed to be with the crews at their training camp prior to track-week in order to give them the best care and personalised attention that I possibly could. I managed this the next year, along with expanding my crew for the 2015 and 2016 seasons - consisting of myself, Gillian Aghajan (Sports Therapist) and Ian Padget (a placement from UCL) who had both worked at other sporting competitions with me previously.

For both Gillian and Ian, the MoD Cosham group were a far cry from the 'comfort-zones' they had been used to; they had very different mind-sets, humour and banter, which meant that they had to modify their practice to suit the needs of their subjects, to make them feel more comfortable, and to adapt to the surroundings. For example, the use of towels when working with Field Gunners is virtually non-existent - they are too fast-paced and you can't carry enough for a day's work, much less a week's worth. Crews eat, drink and rest together 24/7 throughout the season. They have no compunction of stripping in front of one another, or being worked on in our shared 3m x 4.5m tent.

The MOD Corsham Field Gun Team in their track shirts



PHOTOGRAPHS: HERMAN FENTON



**A note to any Therapy student looking for any placement:**

Be honest, straightforward and respectful when applying to placements. Both Amy and Becky earned their placements this way over other students who had more experience.

When working with personnel in this kind of environment, you have to be able to use your surroundings to the best of your ability. When the weather is bad, you have the added obstacles with the whole crew, the guns and the limber being beside you while trying to offer treatment. This would sometimes mean minimising to just one table, and treating crew members from a sitting or standing position, adaption is key.

It is up to us, as trained therapists, to spot and deal with problems before they arise and to pre-empt any potential injury, always keeping in mind that you're not only there to look after the crews, but to impart your knowledge and experience so the right treatment can be continued afterwards.

**TRAINING WITH A TEAM**

In 2017, I chose two new placements who stayed with me until the end of the 2019 season; Amy Day and Becky Jacob-Harris, who were both in their first year at MarJon University in Plymouth. Thankfully, after the fear of being 'just students' was set-aside and replaced with a newfound confidence, they were fully accepted into the crew family. Each season we shared a house at the MoD Corsham training camps for two weeks before heading to HMS Collingwood for track-week. In this time, and with training from myself and others, they turned from 1st year students into competent sports therapists, coming up to the highest possible standards and offering great support to the crew.

**WONDERFUL ACHIEVEMENTS**

My proudest moment in Field Gun came that same year. As I listened to the names being called for the crew to receive their track-shirts for the next day, I heard my name – followed by my two assistants – and we were also presented with our own crew track-shirts. It's times like this, when you have put in the hard work to understand your personnel, that you get rewarded with such an honour. As a veteran myself, it meant so much to me – to say I was choked up would be an understatement!

With the permission of our No1 and Skipper, we loaned our expertise to others when not needed by our 'home' crew and we worked with the Royal Engineers, the Allied Rapid Reaction Corps (ARRC) and Naples (Allied Joint Forces Command Naples), a multinational crew, among others who didn't have the sponsorship to be able to employ therapists of their own.

Working alongside Field Gunners was no small feat. When I first started at HMS Collingwood, it was predominantly run by physiotherapists and, as a complementary therapist, I was not

**THERAPISTS IN FIELD GUN REPRESENTING FHT**

- Herman Fenton – MoD Corsham 2014 to date
- Gillian Aghajan – MoD Corsham 2015-16
- Amy Day – MoD Corsham 2017-19, completed masters, now studying Physiotherapy after working with rehabilitation units in the Plymouth area during the pandemic
- Rebecca Jacob-Harris – MoD Corsham 2017-19, currently NHS paediatric nurse after qualifying
- Emma Hopkinson – 2013 to date, supporting RAF Cosford and shortly setting up in the Brize Norton area too
- Helen Sweeney – 2015, worked with HMS Devonport and subsequently HMS Neptune in 2016-18, Helen also has her own practice in the Manchester area
- Nikkita Goddard – supported HMS Devonport in 2016 and HMS Sultan from 2017 to date. Nikkita is teaching sports therapy at City College Plymouth and also has her own practice in Chivenor

exactly received with open arms. The breakthrough came when I met another sports massage therapist, Emma Hopkinson, working in the tent next door – who to my delight was also a FHT member. I offered my experience to help her by running small workshops to cover areas she felt her crew needed more support with.

With many years' experience working with sport teams internationally, I have gained a huge understanding and respect for top athletes and know that it can take traditionally-trained therapists out of their comfort zone when treating and preventing injury at this level. Whether working long-term or in short stints, these out-of-clinic experiences can be invaluable to your career.

I will leave you with a quote from Amy Day: *"I was fortunate enough to undertake several placements with Herman, which provided me with a great insight into different ways of practising, and applying the knowledge I had learned at university. It also helped me to gain a better understanding of how different the scope of practice could be, for example being the main first aid provision at a sporting event, to simply encouraging the athletes to hydrate properly. Herman has a very impressively-stocked kit bag for event days, which certainly gave me a better working idea of what is useful beyond a basic first aid kit and why. Being able to attend placements at a variety of settings, with different types of clients was extremely useful in expanding my learning."* **TWR**

**Herman Fenton (MFHT)** has been actively involved in the sports, remedial and complementary therapy industry for the past 26 years. He is a member of the Elite Athletes Club and founder member on the Sports and Remedial Therapies Council (SRTC).

# FENG SHUI

## and your therapy room

Incorporating Feng Shui into your practice may be the grounds for a successful therapy business. We spoke to FHT's Vice President **Judith Hadley** about why this is...

WORDS MOLLY DENTON

**T**he simplest definition of Feng Shui is that it is the 'study of how humans interact with their environment'. More specifically, the philosophy of Feng Shui is a practice of arranging the pieces in living spaces in order to create balance with the natural world. The goal is to harness energy forces and establish harmony between individuals and their environment - allowing people to flourish to the best of their abilities.

Feng Shui is based on the premise that humans contain and are surrounded by a subtle field of electro-magnetic energy known as chi. Chi is widely used in most traditional oriental practices including Acupuncture, Reiki, Chi Gong, Shiatsu, Martial Arts and Feng Shui.

Translated, Feng Shui means 'Wind and Water' connoting to two positive streams of energy (chi), which flow above and below the ground, creating a balance of both negative (Yin) and positive (Yang) forces. Yin and Yang represent the Five Moving Elements: Fire, Earth, Metal, Water and Wood. "Each element contains different types of influencing energies, which affect each other. From these five elements comes everything else in life," says Judith Hadley, FHT's Vice President and Feng Shui expert.

Feng Shui elements and personality are tightly linked in this philosophy. All personalities consist of all five elements, but one element is dominant, and that is your personal elemental archetype. Why not find out your elemental archetype with an online quiz? Doing so, it can reveal your patterns, propensities, strengths and vulnerabilities. In this way, we can delve deeper into the wondrous mystery of who we are, living more aligned and authentic in the world. They provide us with a plethora of clues to why we hold the patterns we do and how to develop health-enhancing habits and self-care practice. "Regardless of whether you have any knowledge or believe in Feng Shui, the impact of Feng Shui does exist and affects many aspects of our lives," says Judith.



## TOP 3 BENEFITS OF FENG SHUI IN EVERYDAY LIFE:

- 1 Increases positive energy and helps to deflect negative energy
- 2 Enhances the ambience of the environment
- 3 Creates harmony between people and relationships

## 5 TIPS ON HOW TO INCORPORATE FENG SHUI IN YOUR THERAPY ROOM:

- 1 Use complimentary colours of the nine areas of the 'Bagua' (see table below) which relate to different aspects of our lives i.e. the Wealth corner of the therapy room relates to the back left area, which can be decorated in the various shades of red, green, purple or gold
- 2 Always avoid clutter and untidiness when possible
- 3 Use the front (main) entrance of the property – this represents the mouth of the salon or therapy room, whereby positive energy should 'flow' freely
- 4 Place three red 'lucky' Chinese coins attached with red ribbon above the main entrance door to capture the positive energy. The coins have a certain spiritual magnetic capacity that will draw the moderately flowing chi towards itself
- 5 Avoid any broken items and replace 'spent' light bulbs, burned out candles and dead/dried up flowers



Bagua Chart

<p><b>WEALTH + PROSPERITY</b> SE or Rear Left</p> <p>Purple, blue, red Wood Element</p>	<p><b>FAME + REPUTATION</b> S or Rear Middle</p> <p>Red Fire Element</p>	<p><b>RELATIONSHIPS</b> SW or Rear Right</p> <p>Pink, red, white Earth Element</p>
<p><b>FAMILY</b> E or Middle Left</p> <p>Green Wood Element</p>	<p><b>HEALTH (CENTER)</b></p> <p>Yellow, orange, earth tones</p>	<p><b>CHILDREN + CREATIVITY</b> W or Middle Right</p> <p>White Metal Element</p>
<p><b>KNOWLEDGE + SELF-CULTIVATION</b> SW or Front Left</p> <p>Blue, green, black Earth Element</p>	<p><b>CAREER</b> N or FRONT DOOR</p> <p>Black Water Element</p>	<p><b>TRAVEL + HELPFUL PEOPLE</b> NW or Front Right</p> <p>White, Gray, Black Metal Element</p>

## SO WHAT HAS THIS GOT TO DO WITH YOUR THERAPY ROOM?

When practicing, we want our therapy rooms to feel good to the clients, but also ourselves. Feng Shui can enhance the atmosphere in the room. With it, we can change the flow of chi in such a way that it can have a positive effect on our clients and their emotions, but also, on our business and its success.

We can do this through colour, furniture placement, enhancements, decluttering and cleanliness. "Feng Shui is also known as Therapy for the Environment, therefore when applied to a therapy room – it will benefit every client and therapist, regardless of which therapy is being performed," explains Judith. Your everyday environment, whether it's home or work, often reveals an insight into your life with regards to the many factors affected by positive and negative energies – when combined with Feng Shui, these factors include career, health, luck, success, finance, relationships, education and self-development.

"Invisible energy is not something we easily understand or accept, however, in many cultures it is an important element of life in general. For example, as Acupuncture Therapy is used to stimulate the healing energy of the body to restore harmony and balance of the human anatomy, Feng Shui is used to clear out and improve the energy of our environment, whether it's home, office, or garden," states Judith. By making certain adjustments, from minor to detailed, we can all enhance our health, success and good luck. **TWR**

## JUDITH HADLEY (ATL) AND HER PERSONAL EXPERIENCE WITH FENG SHUI

My first experience of Feng Shui occurred over 25 years ago at a time in my life when I was eager for change, and I have never looked back. I have since met and worked with other practitioners, researching the various philosophies of this fascinating 'energy therapy', which further reinforced my knowledge and expertise. To accomplish my ultimate dream/ambition of becoming a Professional Consultant, in 2019 I attended the Yun Lin Temple in New York and completed the internationally acclaimed 2-year BSEB (Black Sect Esoteric Buddhist) Feng Shui Diploma.

BOOK RECOMMENDATIONS

Introducing our new regular - join us every quarter to find out our favourite reads!

# ON OUR SHELF

EDITOR'S CHOICE

**I**t's time to crack on with your Spring-time reading, and what better way to give new life to your bookshelf. We know it can be challenging to make time for yourself to sit down with a good book but, as studies show, it's worth it.

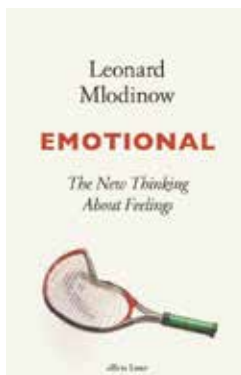
According to research by neuropsychologist, Dr David Lewis, reading even as little as six minutes a day can be enough to minimise your stress-levels by more than two-thirds, as it reduces your heart-rate, eases your muscle tension and alters your state of mind.

What's better yet, is that we've done the hard work for you - introducing FHT's Reading Shelf, hand selected by us! Whether you enjoy quick-skims, or lengthy chapters, we have a book for you.



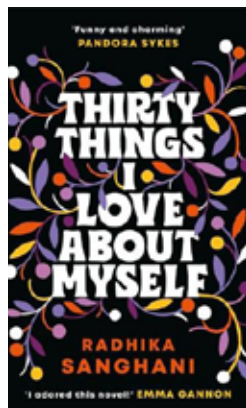
*BIGGER THAN US*  
**FEARNE COTTON**

In her brand-new book, Fearné Cotton seeks out the insight and advice of wise minds to explore what they can teach us to achieve happiness, connection and hope. Down-to-earth and relatable, *Bigger Than Us* is divided into three universal lessons that we can all learn, no matter who we are or what we believe: love, awareness and communication. From intuition and energy to the law of attraction, ritual, prayer and signs, Fearné explores positive ideas and exercises that are available to every single one of us.



*EMOTIONAL*  
**LEONARD MLODINOW**

We've been told we need to master our emotions and think rationally to succeed. But cutting-edge science shows that feelings are every bit as important to our success as thinking. In-depth research and insights into our evolution, biology and neuroscience promise to help us understand our emotions better and maximise their benefits. Told with characteristic clarity and fascinating stories, Mlodinow's exploration of the new science of feelings is an essential guide to making the most of one of nature's greatest gifts to us.



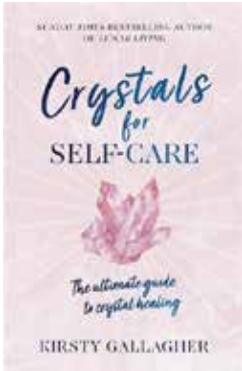
*THIRTY THINGS I LOVE ABOUT MYSELF*  
**RADHIKA SANGHANI**

A new kind of [self] love story. When Nina Mistry hits rock bottom - because no one plans to turn thirty in a prison cell - a tatty little self-help book finds its way into her hands. She doesn't think she needs it; why would a strong, sensible Taurus like her go on a 'life-changing journey' to fix herself? But her inner journalist is curious. Within minutes, she's hooked. By the time the sun comes up, she knows exactly what she needs to do...



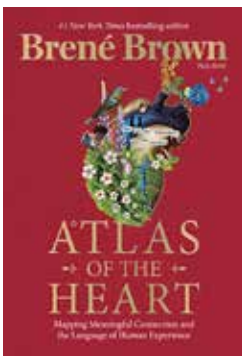
*THE SUN WILL RISE AND SO WILL WE*  
**JENNAE CECELIA**

*The Sun Will Rise and So Will We* is a poetry book filled with all things sunshine without ignoring the storms. Pain is real. Anxiety is real. Depression is real. Hardships in life are real. I hope when you pick up this book you feel heard and comforted. Even if it doesn't seem like it right now, your sun will rise once again, and I am cheering you on for that moment. What will it feel like, when your sun rises?



**CRYSTALS FOR SELF-CARE**  
**KIRSTY GALLAGHER**

From the bestselling author of *Lunar Living* comes the ultimate guide to crystals and how they can help you live your best life. Chapters include Crystals for Love and Relationships, Crystals for Stress and Anxiety and Crystals for Work and Business. *Crystals for Self-Care* will leave you feeling empowered, supported and ready to embark on your own crystal journey!



**ATLAS OF THE HEART**  
**BRENÉ BROWN**

In *Atlas of the Heart*, Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. As she maps the necessary skills and lays out an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances - a universe where we can share and steward the stories of our bravest and most heart-breaking moments with one another in a way that builds connection.

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**How many years young is FHT this July?**

- A) 45
- B) 60
- C) 100

Simply email your name, address, membership number and answer to [editor@fht.org.uk](mailto:editor@fht.org.uk), typing 'TWR Competition' in the subject box. Alternatively, send your details and a postcard to: TWR Competition, FHT, 18 Shakespeare Business Centre, Hathaway Close, Eastleigh, SO504SR. The closing date is 29th May 2022.



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## BOOK EXCERPT

What do we mean exactly when we say that we are ‘stressed’? In this excerpt from Fabienne Vailes’ new book *The Flourishing Student*, she talks through the connotations of stress in the 21st century and why it isn’t necessarily a bad thing...

**THE FLOURISHING STUDENT (2ND EDITION)** BY FABIENNE VAILES

### THE STRESS RESPONSE – AN ISSUE IN THE 21ST CENTURY?

Our reaction to run away or fight in a dangerous situation was extremely useful for our ancestors who needed to protect themselves against predators. However, nowadays, the situations that generate stress are more often linked to psychological threats than physical ones. We don’t have to combat or flee even if our bodies are prepared and ready to do so.

Each time we perceive something as a threat, it means that we are more than likely to trigger this automatic response. This reaction is designed for short-term events or situations.

The physiological responses during an acute stress period can be extremely useful in the short term but if the stress becomes chronic, it can be negative for us.

Remember: The fight, flight or freeze response is triggered every time we perceive a threat in our environment. Unfortunately, we cannot change situations and what happens to us in life. What we can change is the way we see these situations, our perception of events. When something challenging happens in our lives, we need to remember that we are not what happens. What we resist persists and what we embrace dissolves.

Stress is often presented as a big and powerful external force that controls us and that we have to constantly fight. It is often presented as an enemy we need to exterminate but what if it isn’t a foe and is instead a friend that we need to get to know?

Stress can in fact help us feel more alert and more motivated to get up, practise or get involved with things. It can also help us gain a competitive edge. Stress can also help us prepare, focus and perform to reach the perfect level. It only becomes a real danger for our health when it becomes chronic instead of acute.

As mentioned previously, this book does not address any of the issues of chronic stress or stress generated by trauma or traumatic events. If you are interested in these concepts, I would highly recommend the work of expert Bessel Van Der Kolk, author of *The Body Keeps the Score*.

Remember: Stress can be good for you. For example, it is what gets me into a room full of people to give a presentation or during an interview. Research demonstrates that dealing with short-term stressors or experiencing acute stress typically do not impose a health burden on healthy individuals.

### WHY STRESS IS GOOD FOR US

‘The truth is that stress doesn’t come from circumstances. It comes from our thoughts about our circumstances,’ states Andrew Bernstein (2010).

The way we think about stress also influences what happens to us. In her TED Talk, Stanford University psychologist Kelly McGonigal states that throughout her career she has advised her clients to rid stress from their lives because it can have a negative impact on the human body – she has made stress the ‘enemy’.

However, recent work by Lauren Wisk, PhD, and her colleagues made her revise her approach to stress. As described in a 2011 American Psychological Association article (Keller et al. 2012), Dr Wisk’s team linked survey data on nearly 30,000 US adults to national death records in order to determine the relationship between levels of stress and the perception that stress impacts health and health outcomes. They found that both higher levels of reported stress and the perception that stress affects health were independently associated with worse physical and mental health.

Most strikingly, those who reported a lot of stress and that stress greatly impacted their health had a 43% increased risk of premature death (over an eight-year period), suggesting that how you think about stress matters just as much as how much stress you have. Thinking that stress is harmful could literally kill us in the long run.

When you change your mind about stress, you can change your body’s response to stress. McGonigal suggests that when stress is viewed as a positive, something helpful to performance, a person will be able to decrease its negative effects on physical health. McGonigal’s suggestion to change our minds may seem easy but as we develop habitual behaviours and thoughts, it may not be as simple and quick to implement.

As human beings, we tend to label what happens to us as 'good' or 'bad'; we often want the good to continue and the bad to go away. Dr Srikumar Rao uses the parable of 'good thing, good thing who knows' to help us question this dual/ black-and-white way of thinking. Have you ever experienced an event that felt really positive (for example, getting a good job) only to realise that you were not enjoying it after two weeks? Equally, can you think of an event that you initially labelled as extremely negative, only to later realise that it turned out to be positive (not getting a job only to get an even better job offer later on).

# What we resist persists, and what we embrace dissolves

We tend to believe that we can control what happens to us in life; perhaps by telling young people that there is a set way to learn and know something for sure by going to the back of the book, we are setting them up to experience negative feelings. We cannot control what happens to us in life (even if deep down we admit that we would love to because the fear of uncertainty is really unsettling). But if we are honest with ourselves, would we truly want to know exactly what is going to unfold next?

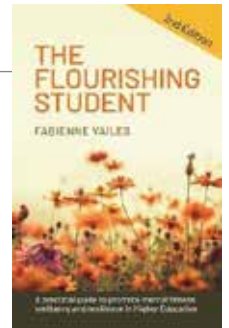
Many of the young people I interviewed have experienced many challenges in their lives. I don't know anyone who has not. Experiencing challenges in life is a little bit like being ill during childhood. It helps us build our immunity to viruses and colds. I wonder if we could use the same analogy to shift how we view the events in our lives? What if we considered them as a way to develop our

strength and ability to cope when the next challenge arises? As parents, we don't like it when our children are ill, but we recognise that in the long run it will help them be healthier. If we tend to overprotect them and remove all obstacles so that they don't experience any challenges in their early formative years, I think it deprives them of developing their 'coping muscles'.

To read the full excerpt visit [fht.org.uk/member-hub/twr/rr](http://fht.org.uk/member-hub/twr/rr). If you'd like a chance to be featured in our online Reading Room, please email [editor@fht.org.uk](mailto:editor@fht.org.uk)

## MEMBER OFFER:

*The Flourishing Student*, published by Practical Inspiration Publishing, retails at £19.99 but FHT members can enjoy a 25% discount off their printed copy, plus free postage and packaging, by entering the code **FLOURISHING25** when prompted at [www.practicalinspiration.com](http://www.practicalinspiration.com)



Imagine if we locked up every single child in a germ-free room until they were 18 and then opened the door to let them out. What would happen? They wouldn't stand a chance, would they? Let's not do the same for emotional wellbeing. Yes, it's not great to pick up the pieces when they are upset or heartbroken but sometimes it's important to think about the long-term impact rather than the short-term benefits. Do we want grown-up children or grown-up adults? This isn't easy, of course. It's just something worth considering if we want well and flourishing young people and young adults.

Research has shown that an inability to cope with uncertainty or the notion of being in limbo has a negative impact on our physical and mental wellbeing. Experts such as Michel Dugas call this 'uncertainty tolerance' or the underlying fear of the unknown (Carleton 2016). This uncertainty intolerance exists on a continuum: our position on this spectrum affects how we react to daily life events. You may not respond to an event in the same way as I would or your friend would because, as we will see later, we filter our reality through our individual thinking, values and beliefs. The more intolerant we are about uncertainty, the more stressed and anxious we are likely to be. We are also more likely to overthink things and to start thinking negatively about the situation. Hebert and Dugas (2019) state that uncertainty intolerance is an increased risk factor for the development of Generalized Anxiety Disorder (GAD), and that the best way for us to remove this fear of uncertainty is to learn that uncertainty is not dangerous for us. They indicate that 'there is no magic bullet and that it's all about putting ourselves in a situation where we can learn that uncertainty isn't dangerous' because 'over time this leads to a decrease in anxiety'. **TWR**

**Fabienne Vailes** is an expert on emotional and mental wellbeing within the education sector. On a mission to change the face of education, embedding wellbeing into the curriculum where both students and staff develop the mental agility and resilience to succeed both academically and in the workplace. Fabienne has extensive experience of teaching across all age groups. She is currently Language Director at the University of Bristol, specialising in Intercultural Competence and Communication.

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# Mindful

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1

### WELEDA SENSITIVE BODY LOTION

Enjoy the calm and quiet with Weleda's sensitive body lotion. Feel its sustainably sourced coconut and jojoba oil caress your skin, providing a sense of peace, stillness and intensive moisture. £12.95 [weleda.co.uk](http://weleda.co.uk)



2

### BUBBLES AND LACE CANDLE

Bubbles and Lace recycle waste oyster shells from Caviar House and Prunier and turn them into beautiful candles. Every oyster candle is handmade and hand poured with natural soy and coconut wax. Set of 3, £19.99 [bubblesandlace.net](http://bubblesandlace.net)



3

### AROMATHERAPY ASSOCIATES SHOWER OIL

Discover Aromatherapy Associates' Ultimate Bath and Shower Oil Collection, comprising 10 soothing bath and shower oil blends in luxury discovery sizes. £67 (worth £110) [aromatherapyassociates.com](http://aromatherapyassociates.com)



4

### LAZY VEGAN PLANT-BASED READY MEAL

A great tasting meal that contains nothing but good stuff. Plant-based and tasty, but most of all: so easy: ready in 8 minutes! Free from additives, gluten, and soy. Good for the planet, good for you! Find them in the freezer at Sainsbury's - Only £3.00, Ocado and Waitrose - £3.25 [lazyvegan.com](http://lazyvegan.com)



WE LOVE

5

### SUBTLE ENERGIES MUSCLE EASE MASSAGE BLEND

This award-winning blend is a powerful combination of strengthening and rejuvenating essential oils, ideal for deep tissue massage. Wonderful to use in a detoxifying massage for anyone experiencing congestion. £86 [subtleenergies.com.au](http://subtleenergies.com.au)



6

### HAYO'U CLEAR QUARTZ BEAUTY RESTORER

Kick-start your day with the cooling Beauty Restorer Clear Quartz gua sha. Use this rejuvenating crystal to wake up skin, improve energy flow, support circulation and lymphatic drainage, and reduce the appearance of fine lines and wrinkles. £38 [thebeautyagenda.uk](http://thebeautyagenda.uk)



To keep you updated with our education sector, this regular will highlight our plans for the season, discuss hot topics within therapy training and promote your success stories.



## EDUCATION MATTERS

A note from our new Training and Education Officer **Gemma Craggs**

**E**ducation is essential to your development and growth as a therapist which is why it is one of our main focuses of 2022! We are encouraging you to develop your skills to ensure that you maintain your ability to practice safely and effectively. This year, we hope to expand upon education opportunities that are available to you and make them more accessible to all. We intend to use education to help you reach your full potential. Below, we'd like to share some of our aims for the future with you.

**ACCESSIBILITY:**

As FHT's education programme grows, there is a greater demand for learning and development to be more accessible, relatable and on demand. Over the course of the year, we are putting in our best efforts to develop our e-learning platform, allowing you to learn, grow and log your progress easily in the comfort of your own home. We aim to develop our virtual learning platform and hope to be offering many more webinars to support CPD going forward.

For FHT, accessibility in education is about creating opportunities to aid your education and development in a way that is flexible and relevant to all.

**RAISING AWARENESS:**

It is our goal to promote the importance of education to all members, whether you are studying towards your first qualification or looking to add another string to your bow. We seek to raise awareness by working closely with colleagues and tutors, to create our own courses with industry experts and encourage apprenticeships for those who are newly qualified.

We are also happy to encourage the launch of a new apprenticeship in Wellbeing and Holistic Therapy, developed by our FHT Vice Presidents, Gerri Moore and Judith Hadley, alongside other industry stakeholders. The apprenticeship is set out to provide the knowledge, understanding and skills required to work competently as a Level 3 Beauty and Massage Therapist in a wellbeing environment; Spas, Leisure, Holistic and Wellness Centres, Medi-spas and Beauty Salons.

**CONTINUATION OF BUSINESS SEMINARS:**

This year got off to a great start with two extremely effective business related virtual seminars of How to Grow Your Business and Watch It Bloom with FHT's CEO Monica Price. Understanding how to develop and manage your business is an essential element of being a therapist, and is something we are working on to support you as much as possible. We will be collating and creating an online Business Hub, as well as featuring useful tips and tricks in each issue of *The Wellness Room* (see more on page 74), which will be available to all FHT members to provide a guide on how to grow your business and create a sustainable profession within the industry. The hub will include an array of templates, short video clips, industry advice and education opportunities.

**CPD HELP:**

Our education team is committed to supporting every member with your development and CPD, whatever your field may be. Online, you can browse training courses that have been vetted and approved by the FHT and you can be sure these meet the highest standards. Visit [fht.org.uk/training/cpd](https://fht.org.uk/training/cpd) for more information. Visit page 68 for some quick CPD building! **TWR**


# AN OPEN LETTER TO THE INDUSTRY

This quarter **Nina Chesworth (MFHT)** wrote in to tell us about her personal rehabilitation journey and the importance of accessible learning, after losing the remainder of her sight in 2018

HI, I'M NINA,

I am the owner and therapist of Five Senses Therapy, a holistic practice in South Manchester. I retrained as a manual therapist and facilitator after losing the remaining sight in my left eye in 2018. Through my rehabilitation journey, I developed a love for holistic practice and a passion for helping others. I was attracted to the peace, tranquility and revitalisation that it provides, specifically massage, so I set up Five Senses Therapy – a welcoming space for women to connect with their wellbeing and begin to find the support for change.

I trained in Manchester at the White Rose School of Health and Beauty, choosing this college over others because they had experience teaching visually impaired students. They were extremely helpful and worked with me to establish how and what I needed to learn for my practice. It's a lucky strike for me, and other visually impaired therapists, that the best way to learn the techniques and routines of massage is through touch. To be able to learn, the tutor demonstrated each massage movement on me to feel and then later replicate. I have since completed a pregnancy massage course with Galloways and, again, being the model



of the class was how I was introduced to the different techniques. The fact that these tutors accommodated my accessibility needs allowed me to learn to the same capability as others.

Since my studies, I have kept up with my learning and attended a few online courses, including Spa Meditation with Sunita Pasi and Tri Dosha and How To of Trauma Wellbeing Coaching with the FHT. With the pandemic, like most, I've become a regular user of Zoom, but this particular FHT course used an unfamiliar platform, which initially made me nervous. Thankfully it was accessible, and I knew I had the support of the team at FHT if I needed help. They were really helpful and gave me the confidence to attend. One piece of feedback that I gave them, and would encourage other course providers to take note of, is that their accompanying handouts were not accessible for visually impaired members like myself. Luckily, the FHT addressed this quickly, which enabled me to fully participate. Although, this experience did make me think, for future courses, that if everything had been available in all formats at the start then it would have saved time and money.

Throughout my practice, I continue to come up against barriers to my learning, but with bodies such as the FHT, and similar, being accommodating and appreciative of me pointing these accessibility barriers out, I have developed my confidence to continue with my CPD. Being and working in the world of wellbeing, I expected the compassion and support to be there and so far I haven't faced too many difficulties. I intend to continue learning and sharing any barriers with those who provide education to help make sure they provide an accessible experience. This way we all win! Having a disability should not put you at a disadvantage for what you have passion for and what you wish to achieve. I have come to learn that it is not my disability that disables me, but the barriers society places on people with disabilities. Therefore where I can, I wish to help educate and create the awareness needed to break these barriers and urge those working in the industry to do the same. **TWR**

If you'd like to share your education story, please get in touch with the editor [mdenton@fht.org.uk](mailto:mdenton@fht.org.uk) with the subject 'Education Story'.

# CPD QUESTIONS

HERE TO HELP YOU CONTINUE YOUR PROFESSIONAL DEVELOPMENT

Below, you will find questions relating to key articles in this issue of *The Wellness Room*. To gain three CPD points (unless otherwise stated) answer one or more questions, using a minimum of 300 words in total. Feel free to construct your own questions if none below suit for any of the articles in this issue. For more information about how to gain CPD points, visit [fht.org.uk/training/cpd](http://fht.org.uk/training/cpd)

## ASK THE EXPERTS (p18)

In her answer, Penny Price explains the benefits of aromatherapy healing the skin. Can you find, research and list any more essential oils that could provide similar effects? To meet your word count, try explaining how each of these can work for specific client needs.

## YOUR SKIN, IT'S HORMONES (p28)

According to Candice Gardener from Dermalogica, different hormones in our body can affect our skin's health. Choose one of the hormones mentioned and explain in detail how it can impact skin condition at different life stages and/or events.



## THE FACIAL REVOLUTION (p34)

In her article, Ziggy Bergman talks through the history of the traditional Gua Sha, and how it dates back thousands of years to the Warring States period when it was used as folk medicine to cure ailments like fever, coughs, colds, headaches and stress. Provide the historical background to one or more of the therapies you offer.



## PREGNANCY MASSAGE (p42)

Suzanne Yates of Wellmother describes the benefits of shiatsu massage and touch for pregnant women. Pick one of the five benefits that she lists and explain in further detail how they can help. For example, how and why physical relief of the lower back can help with pregnancy symptoms.

## THE FLOURISHING STUDENT (p62)

In her excerpt of *The Flourishing Student*, Fabienne Vailes explains how you can change your mindset towards stress to live a healthier and happier life. Have a go at doing some research and summarise any studies that show how MBSR (mindfulness-based stress reduction) can be beneficial to your clients.

## TOP 5 REASONS FOR BEING A FHT MEMBER

1. Professional status and recognition
2. Campaigning, promoting and protecting your interests as a professional Therapist
3. Tailor-made comprehensive Therapist, salon and clinic insurance policies
4. Discounted continued professional learning
5. Free listing and personal profile on the FHT's Therapist Register

For more information about CPD points, visit our education hub at [fht.org.uk/training/cpd](http://fht.org.uk/training/cpd)

## 2022 ANNUAL MEMBERSHIP FEES:

**FHT MEMBER** £85.00  
**STUDENT MEMBER** £50.00\*  
**FRIEND OF FHT** £55.00  
**FHT FELLOW** £105.00

For membership and insurance information or an application pack, visit [fht.org.uk](http://fht.org.uk) or call 023 8062 4350. FHT is authorised and regulated by the Financial Conduct Authority, Ref: No. 502095 \*includes case study insurance cover. T&Cs apply.

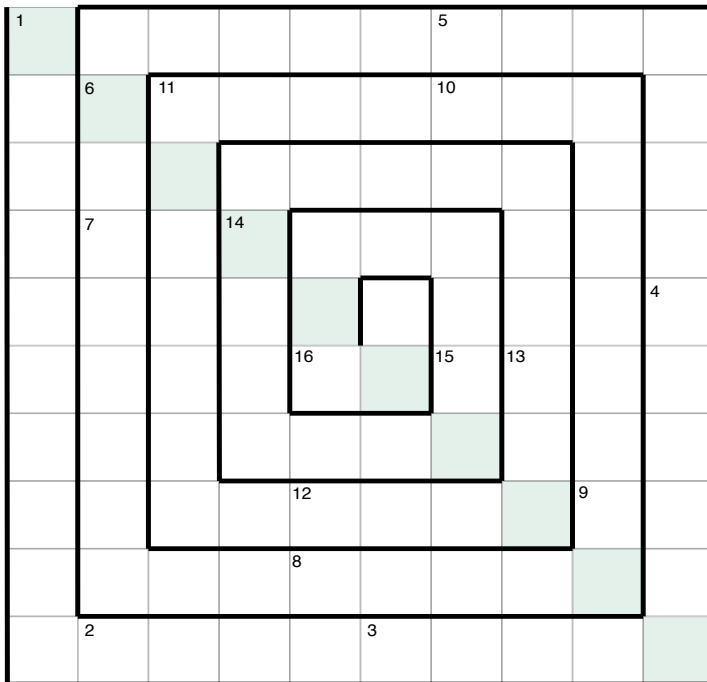
# CPD SPIRAL

TEST YOUR A&P KNOWLEDGE AND WIN A £20 JOHN LEWIS & PARTNERS GIFT CARD



## CLUES

1. Steroid hormone secreted by adrenal glands that regulates salt and water in the body (11)
2. The joint between the forearm and the upper arm (5)
3. Cells that help the body fight infection and other diseases (5,5)
4. A disease in which the body's ability to produce or respond to the hormone insulin is impaired (8)
5. The 'S' shaped part of the large intestine between the descending colon and the rectum (7)
6. The fundamental and distinctive characteristics or qualities of someone or something, especially when regarded as unchangeable (3)
7. A small branch of an artery leading into capillaries (9)
8. The muscles that increase the angle between members of a limb (9)
9. \_\_\_\_\_ glands secrete a watery albuminous material, commonly but not always containing enzymes (6)
10. One of the five senses (5)
11. A muscle that starts at the base of your neck, goes across your shoulders and extends to the middle of your back (9)
12. Substance that enters the mouth through three pairs of glands: sublingual, submandibular, parotid (6)
13. \_\_\_\_\_ : A blood protein produced in response to and counteracting a specific antigen (10)
14. Technical term for shoulder blade (7)
15. A chemical compound that is used to make one of the building blocks of DNA and RNA (7)
16. The organ of hearing and balance in humans and other vertebrates (3)



Write your answers in a spiral from the start, working in an anticlockwise direction, towards the centre of the grid. The last letter of each answer is the first letter of the next. The shaded diagonal line will spell out a type of body tissue. Simply email the word that appears in the diagonal shaded boxes to [mdenton@fht.org.uk](mailto:mdenton@fht.org.uk) (writing Spring Spiral in the subject box) or send your answer on a postcard to the usual FHT address. Please include your name, address and membership number. Standard competition terms and conditions apply (visit [fht.org.uk/member-hub/twr/competitions](http://fht.org.uk/member-hub/twr/competitions)). Entries to be received no later than midnight on 29th May 2022.

### SPIRAL NOTES:

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### WINNERS OF THE SPIRAL COMPETITION WINTER NO.41

Congratulations to our winner, Teresa Meekings (MFHT), and our runner-up, Jilly Newnham (MFHT), for winning *International Therapist's* winter Spiral. We hope you enjoy your prizes. We also wanted to say a big thank you to all of you who entered, receiving over 200 entries. How about trying your luck again, all while gaining CPD points.



# RESEARCH

## SUPPORTIVE SOCIAL NETWORKS CAN INCREASE THE EFFECT OF MEDICAL TREATMENT

A study, published by the *Physical Therapy and Rehabilitation Journal* in January 2022, showed that human health is affected by lived experiences; that the environments we encounter throughout our lives shape how we respond to new challenges, how we maintain a healthy immune system, and how we can respond to treatment and rehabilitation (PTJ, 2022). It should come as no surprise then that social adversity, ‘most commonly social isolation, discrimination, or low social status, can negatively impact our health’ (Synder-Mackler et al, 2022), and that a secure supportive social network can benefit treatment.

Highlighting studies from an ever-growing body of literature on the social determinants of health, ‘social relationships and sociality have been strong evolutionary forces across the evolutionary tree; individuals with more and stronger social relationships live healthier, longer lives and produce more offspring’ (Synder-Mackler et al, 2022). It’s known that in humans the all-cause mortality risk attributed to social isolation exceeds the risks of other factors such as smoking, obesity, and air pollution, with differences in socioeconomic status translating to differences of a decade – or more – of life expectancy.

This means that from a primary care standpoint, taking a holistic and thoughtful approach to each patient and using personalised care that ties in with their current social and living situation when treating can benefit them hugely. We know that all patients are not the same, even if they present with the same symptoms and that rehabilitation is a primarily behavioural process (PTJ, 2022), so using this information when finding the right treatment could be make all the difference.

‘It is clear that the environment drastically outweighs almost all genetic effects when it comes to complex traits and diseases. Thus, training of professionals in the physical therapy world should include at least a primer on the dramatic effects of adverse social experiences on physiology. By demonstrating and teaching that there are, in fact, molecular marks reflecting our lived experiences, we will be able to critically think about how that impacts our treatment decisions and metrics for successful rehabilitation’ (Synder-Mackler et al, 2022).

■ Read the full study at  
[fht.org.uk/TWR-1-social-adversity](https://fht.org.uk/TWR-1-social-adversity)

## AROMATHERAPY AND MASSAGE FOR DYSMENORRHEA

According to a study published by Thieme RBGO in October 2021, dysmenorrhea decreased significantly when treated with aromatherapy alone, and was seen to be even more effective when paired with massage.

Dysmenorrhea refers to painful menstruation associated with several adverse effects including: nausea, vomiting, backpain, fatigue, and cramp. Menstrual pain is a common complaint expressed by approximately ‘25 to 97% of women’ (Najafi et al, 2021) with approximately ‘28 to 71.7%’ (Najafi et al, 2021) having dysmenorrhea.

Typically drug therapy is used to treat dysmenorrhea, but comes with an array of side effects including drowsiness, headaches, metabolic disorders and hormonal imbalances (Najafi et al, 2021). Because of this, over the past year, CAM methods have received growing attention, particularly due to the reluctance of young women to hormonal drug administration, such as ‘acupuncture, herbal medicine, TENS, omega-3 fatty acids, vitamin pills and aromatherapy’ (Najafi et al, 2021).

Many clinical studies assessed the effect of aromatherapy on dysmenorrhea with lavender, rosemary, peppermint and geranium essential oils being the most effective, especially when combined together or with massage. Textbooks suggest that two or more oils should be combined to achieve a synergic effect. Consistent with this hypothesis, the study’s meta-analysis revealed that a mixture of aroma oil was more effective than a single aroma oil.

The study concludes that ‘aromatherapy has been proven to influence the olfactory-hippocampal pathway, which stimulates the putative and gamma-aminobutyric acid (GABA)ergic neurons (such as cholinergic neurons), regulates the release of acetylcholine, or changes the feeling of pain. The olfactory receptors can be triggered by essential oil inhalation, which transmits signals to the brain and induces a composition of memory, thought, and emotion’ (Najafi et al, 2021).

■ Read the full study at  
[fht.org.uk/TWR-1-aromatherapymassage-dysmenorrhea](https://fht.org.uk/TWR-1-aromatherapymassage-dysmenorrhea)



# in brief

Read the full reports by typing the reference in online – or alternatively, visit our website [fht.org.uk/member-hub/twr/references](https://fht.org.uk/member-hub/twr/references)

## HOW YOGA CAN HELP YOU ACHIEVE BALANCE IN LIFE

*Ref: 10.23953/cloud.ijaayush.513*

Sometimes balancing work and play can become overwhelming, and it's no wonder that many working women feel like they're not living life to the full. But, it seems that there could be a simple solution...Yoga. In a recent study, published by Cloud Publications, it shows that practicing yoga once a day can lead to a healthy balance of work and home life, from improving productivity at work; relieving daily stresses; helping you sleep better; find time for yourself; and, in turn, give you boosts of energy (Kumari, 2022).

## MINDFULNESS-BASED COGNITIVE THERAPY FOR CARERS OF DEMENTIA

*Ref: 10.3390/ijerph19010614*

A recent experimental study, that analysed randomised controlled trials (RCTs) to evaluate the efficacy of mindfulness-based cognitive therapy (MBCT), on family carers of people living with Dementia (PLWD) showed positive results. 'MBCT has been shown to be as effective as antidepressant medication treatment for the prevention of relapse into depression, may be more effective than medication in those with histories of severe childhood abuse [...] and is recurrent depression in clinical practice guidelines both in the UK since 2004 as well as Australia and New Zealand since 2015' (Chacko et al, 2022). Examining the outcome of 219 participants, researchers concluded that MBCT 'has potentially significant implications on easing the public health burden of dementia

internationally' (Chacko et al, 2022), and can be done so at low cost in relatively large groups.

## ACUPUNCTURE PLUS MASSAGE FOR CERVICOGENIC HEADACHE

*Ref: 10.1097/MD.00000000000028736*

Cervicogenic headache (CGH) is one of the most common headaches, characterised by pain starting from the neck and gradually involving the eyes. A systematic review, published by Wolters Kluwer Health, provided evidence that acupuncture combined with massage therapy helped with the symptoms of CGH. It's believed that 'its mechanism of action may be to release the neurotransmitter by stimulating local nerves, reduce inflammatory responses, reduce neural sensitivity, and reduce tension in the neck muscles, thus reducing pain symptoms' (Ding et al, 2022). The researchers concluded that 'acupuncture combined with massage is effective and safe for patients with CGH' (Ding et al, 2022).

## FOOT REFLEXOLOGY AND POST-PARTUM

*Ref: 10.1186/s12884-022-04376-w*

A single-blind, randomised, clinical trial of 80 pregnant women, was carried out to investigate the effects of foot reflexology in the fourth-stage of labour to help with uterine afterpains (among the most frequent complaints after natural childbirth) and increase non-pharmacological treatment. 'The control group received 10 min[s] of general massage, and then rotational massage on a neutral point on the lateral side of the heel. The pain was measured every hour

up to 4 h postpartum using a visual analogue scale' (Sharifi et al, 2022) and was proved to have positive effects on relief from uterine afterpain. 'Therefore, it is recommended that foot reflexology be used in clinics for postpartum care as a modality without side effects to improve midwifery services' (Sharifi et al, 2022).

## SYSTEMATIC AND HOLISTIC APPROACH FOR ATHLETE REHABILITATION

*Ref: 10.1016/j.asmr.2021.09.036*

Returning to sport after an injury is not an easy feat. There are many stages that an athlete must pass through, completing a progression of 'categorical components of rehabilitation' (Paster et al, 2022). In a study from Elsevier, results showed that a systematic and holistic approach to rehabilitation can benefit returning athletes. The research entailed education to enhance psychological readiness through 'fear-avoidance, quota-based exercises, and graded exposure to stimuli to build confidence' (Paster et al, 2022) along with other interventions that include 'goal setting, imagery, self-talk, relaxation and enhancement of social support' (Paster et al, 2022). The authors then concluded that 'although the clinician can use normative values and specific markers to monitor progress, the individual patient should be the driving factor behind [...] their RTS [(Real Evidence Based Exercise)]' (Paster et al, 2022).

# ENDOMETRIOSIS

**ENDOMETRIOSIS** is a condition where tissue similar to the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes (NHS, 2022), affecting roughly 10% (190 million) of reproductive age women and girls globally. It is a chronic disease associated with severe, life-impacting pain during periods, sexual intercourse, bowel movements and/or urination, chronic pelvic pain, abdominal bloating, nausea, fatigue, and sometimes depression, anxiety, and infertility (World Health Organisation, 2021). It has significant social, public health and economic implications, and can decrease quality of life due to these symptoms. Some individuals with endometriosis experience debilitating endometriosis-associated pain that prevents them from going to work or school.

## CAUSES

Endometriosis is a complex disease that can affect women globally, from the onset of their first period (menarche) through menopause regardless of ethnic origin or social status. The exact origins of endometriosis are thought to be multifactorial, meaning that many different factors contribute to its development. Several hypotheses have been proposed to explain origins of endometriosis. At present endometriosis is thought to arise due to:

- **Genetics** – the condition tends to run in families and affects people of certain ethnic groups more than others.
- **Retrograde menstruation**, which is when menstrual blood containing endometrial cells flows back through the fallopian tubes and into the pelvic cavity at the time that blood is flowing out of the body through the cervix and vagina during periods. Retrograde menstruation can result in endometrial-like cells being deposited outside the uterus where they can implant and grow.
- **Cellular metaplasia**, which is when cells change from one form to another. Cells outside the uterus change into endometrial-like cells and start to grow.
- **Stem cells giving rise to the disease**, which then spreads through the body via blood and lymphatic vessels. (NHS, 2022; WHO, 2021)

## ORTHODOX TREATMENT

There is currently no cure for endometriosis, but there are treatments that can help ease the symptoms. The most common being to use hormone medicines and contraceptives, including the combined pill, the contraceptive patch, an intrauterine system (IUS) and medicines called gonadotrophin-releasing hormone (GnRH) analogues (NHS, 2022). Other treatments include surgery to cut away the patches of endometriosis tissue, or a hysterectomy. In most cases, doctors will prevent starting treatment immediately to see if symptoms improve on their own, or with the use of over-the-counter painkillers such as ibuprofen and paracetamol (NHS, 2022).

## SYMPTOMS

- Painful periods
- Chronic pelvic pain
- Pain during and/or after sexual intercourse
- Painful bowel movements
- Painful urination
- Fatigue, depression or anxiety
- Abdominal bloating and nausea



# 86%

OF WOMEN SUFFERING  
WITH ENDOMETRIOSIS USE  
COMPLEMENTARY AND  
SELF-CARE STRATEGIES TO  
HELP WITH THE PAIN

## COMPLEMENTARY THERAPY

With most common hormone-controlled treatments, CAM methods are widely accepted, especially due to the reluctance of young women to hormonal drug administration (Thieme RGOB, 2021). In a recent survey carried out by Deakin University in Australia, 86% of 532 women suffering with endometriosis use complementary/self-care strategies to help with the pain. (Evans et al, 2021)

### AROMATHERAPY:

In a study carried out by Wiley in 2012, it was shown that a combination of lavender, sage and marjoram oils that were mixed with an unscented cream helped relieve the pain of period cramps, and in turn endometriosis cramps. 'In this study, participants massaged the mixture into their lower belly, starting at the end of one menstrual cycle and ending at the beginning of their next one. The women who used the cream reported less pain and discomfort during menstruation than those in the control group' (Healthline, 2022)

### MASSAGE:

Several studies have shown that regular massage gives short-term and long-term relief from the pelvic pain and muscle spasms of endometriosis. In 2010, a small study found that 'severe pain was greatly reduced during and after [twenty 20-minute] massage sessions' (Endometriosis.net, 2022) particularly focusing on the hands, stomach, sides and back for a duration of six weeks. Another earlier study, from 2004, found that massage 'improved fertility for up to a year after the massage sessions. Fertility improved in both women who conceived naturally and women who got pregnant through IVF'. (Durain, 2004)

### ACUPUNCTURE:

In 2016, a small study involving 589 patients with endometriosis concluded that acupuncture reduced pain and serum CA-125 (Cancer antigen 125) levels significantly, helping with those suffering from endometriosis-related pain (Public Library of Science, 2017). Read the full study at [fht.org.uk/TWR-1-Research-Acupuncture](https://fht.org.uk/TWR-1-Research-Acupuncture)

### MINDFULNESS:

In an 8-week programme study by Elsevier, it was found that mindfulness-based exercises helped relieve the symptoms of chronic pelvic pain, including endometriosis, due to the practice increasing neuronal activity in areas of interoceptive (gut and other internal organs) awareness, allowing for reappraisal of sensory information that can lead to reduction in pain perception. Find out more at [fht.org.uk/TWR-1-research-mindfulness](https://fht.org.uk/TWR-1-research-mindfulness)

BUSINESS ADVICE

# HOW TO BUILD A STRONG CLIENT BASE

It doesn't matter which therapy you practice, or what industry you're in, having a strong client base is the key to long-lasting success. With these seven simple tips, we aim to help you communicate efficiently to enable your business to grow, build your reputation and, in turn, increase your clientele. Whether you are a practicing therapist or a student in training, take a look to see what you can do differently

Introducing FHT's Business Hub!  
Designed with you in mind, our Business Hub will be a focal point of specially curated content, intended to help you build and manage your business successfully.

The Hub will contain a variety of templates, FAQs, advice videos, training opportunities and other forms of valuable resources that will allow you to get a head start in establishing and sustaining your business.

We will offer you a way of supporting you through the key stages of setting up and developing a business as a therapist, through easy access to specialised industry content. Whether you are looking to expand upon your technical skills, write a risk assessment, or seeking advice on how to market yourself and your business, you will find everything you need all together here and at [fht.org.uk](http://fht.org.uk)



#### YOU COULD ALSO:

- Post ads in local newspapers, trade magazines, shops or Post Office
- Partner up with a local wellness centre
- Incentivise your customers with a discount or deals
- Contact *TWR* and get your business featured in the next issue!

## 1 DETERMINE YOUR IDEAL CUSTOMER

Think about the treatments that you offer – who do they target? Who are they best suited for? Narrowing down your target audience can make all the difference. When you target a well-defined segment of your customers, it's easier to refine your marketing message and your brand so you're speaking directly to them, resulting in more targeted promotion and efficient marketing.

## 2 GET A FREE LOCAL BUSINESS LISTING ON GOOGLE

How will people find your business if it's not registered? On Google, you can sign up for a free local business listing that includes your address and the treatments you offer, allowing you to stay engaged with ratings and feedback. It also helps with your professional reputation and engagement, allowing you to stay competitive and grant prospective clients to find precisely what they are looking for.

## 3 START NETWORKING ON LINKEDIN

LinkedIn is a social network for motivated professionals. Signing up can help your small business in various ways. It can help you to engage with other industry professionals and new clientele, build relationships, stay connected with business news, and increase your exposure and business credibility.

## 4 SET UP A BUSINESS WEBSITE

Internet is a free tool that we should utilise, and a website can help your small business become more credible and attract new, long-standing customers. 84% of online consumers believe a business with a website is more credible than one that only has a social media page. Make sure your website is user-friendly and visually engaging. Include your services, contact details, testimonials, and perhaps add a personal touch by introducing yourself with an 'About' page.

## 5 EARN PEOPLE'S TRUST WITH REVIEWS

After every treatment, kindly ask your customers to review their experience – perhaps have review cards, or offer a discount for leaving one. With Facebook and Google reviews, you'll get an overall rating score out of five, so your prospective clients can get a snapshot of how your customers rate you. The better your feedback, the more likely new clients are to trust you. Reflect on all your feedback – good and bad. Find out what your clients are happy with and what they think you could improve.

## 6 STAY IN THE LOOP

As the saying goes 'knowledge is power' and keeping up to date with industry news can ensure a more pro-active approach to what's good and bad practice. Keep in contact with your clients, respond to their reviews and thank them for their custom. Having insurance will also show your customers that you are professional and take their health seriously.

## 7 OFFLINE MARKETING SAVES THE DAY

Online is wonderful, but offline can be just as successful. Word-of-mouth marketing is hands down the most powerful tool for making new clients. In a FHT 2016 study, over 80% of complementary therapists said it was the easiest and most beneficial way to communicate with clientele. When you deliver a consistently good service, you increase your chances of being referred to new clients by your existing ones – saving you time and money. **TWR**

## BUSINESS STORY



# “It’s not a treatment, it’s a **THANK YOU**”

Join us in speaking to **Amanda Tata** of UCLH about her time giving back to the NHS, and how you can join the initiative too

**T**he University College London Hospital (UCLH) is widely known for championing integrated healthcare from as early as 1849 when it opened the doors to The Royal London Hospital for Integrated Medicine. With the mission to provide a person-centred, holistic approach, including self-care, they practice and offer advice on safe and appropriate complementary therapies across their hospitals.

Prior to the pandemic, they ran a successful volunteer-based complementary therapy programme for patients, treating over 700 people a year, including bed-based therapies such as reflexology, reiki and massage. But in March 2020, when Covid hit full swing and national restrictions were enforced, non-essential patient contact came to a crashing halt, along with the services provided. From then, the attention was moved to supporting healthcare staff who were dealing with the effects of Covid first-hand.

You’d be surprised at how many people in healthcare professions don’t practice personal self-care. Spending their days helping others, it’s hard for them to find moments to stop,

breathe and tend to themselves. During the course of the past two years, this has only increased; an industry that was already labour-intensive, became even more so. Hospital wards were full and NHS staff were stretched; working overtime, delivering patient care like never before and moving at such an expeditious pace that they barely had the time to stop and think. With the current volunteer therapists having no patients to work on, Amanda Tata, UCLH’s Staff Wellbeing Co-ordinator, organised a staff massage service instead as part of the Covid recovery strategy, fulfilling the Hospital’s four key values of ‘safety, kindness, improvement and teamwork’, with the latter being gradually more important over the past two years.

“It’s selling massage to a very different target audience,” says Tata; with an audience who’re classically trained in medical terminology and treatments, the idea of holistic personal self-care was unusual. “At first the staff were bemused by the idea of having a massage chair in the lecture room or office,” she continues. “It was new for them to take time out of their shifts and focus on themselves.” It has been over a year, since the initiative started in February 2021, for them to recognise the



Volunteer Therapist from UCLH massaging in the radio station-turn-spa

with our tongues firmly in our cheeks,” says Tata. It’s still got the mixing desks, microphones and miscellaneous items that are indigenous to radio stations, combined with as many spa features that could be managed: pictures, aroma diffusers and electrical couches. There are a wide range of treatments offered, including bio-dynamic massage, deep tissue sports massage, Swedish massage, craniosacral massage, shiatsu, hot stones and reiki. “Essentially, we offer anything our volunteers are trained in, but they’re typically couch and futon based,” Tata adds.

Now that things are slowing down in terms of Covid, Tata and her team are concerned that staff will begin to feel the effects in full force. “They’re going to stop running on the adrenaline that has kept them going for the last few years,” she says of the NHS staff. “There’s going to be a massive dive in everyone’s mental and physical health and that’s why we’re preparing with all types of initiatives and massage has been absolutely phenomenal.”

Initially, only five frontline teams were told but the prowess of word-of-mouth advertising spread the message across the hospital during the first six months, and Tata had to devise an effective booking system. Now charging a mere £5 per appointment to keep the service operating smoothly, the popularity is only increasing and there is growing opportunity for more therapists. If you want to get involved, are 16 years or over, and have the time to dedicate to online training, you can apply at [bttr.im/dk0qz](https://bttr.im/dk0qz), or alternatively email Amanda Tata at [amanda.tata@nhs.net](mailto:amanda.tata@nhs.net). **TWR**

“There’s going to be a massive dive in everyone’s mental and physical health and that’s why we’re preparing with all types of initiatives and massage has been absolutely phenomenal”

benefits of “45-minutes on the couch,” and as time has gone on, it has become a vital tool in encouraging the normality of staff wellbeing. “In my mind, and in all my therapists’ minds, it’s not a treat, it’s a thank you, and it’s something that should be incorporated into everyday health,” says Tata.

The treatments are performed in a makeshift ‘spa’, made from two out-of-use Hospital Radio rooms. “We call it the UCLH Spa,

Nurse being massaged by volunteer therapist at UCLH



PHOTOGRAPHS: AMANDA TATA



# COMING together

Our local groups have been busy, take a look to see what they've been up to over the past few months...

Complementary therapist support group

Photograph: Cornwall College Group



## SUPPORTING THERAPISTS AT THE CORNWALL COLLEGE GROUP

What an exciting time for complementary therapists in mid-Cornwall! In February The Cornwall College Group ran its first complementary therapist support group – a huge success with over 45 Therapists attending from a variety of backgrounds. Sally Marlow, Study Programme Manager for complementary therapies at Cornwall College St Austell, said: “It was great to see so many therapists networking and sharing best practice. We enjoyed an informative talk by Maria Mason, FHT Vice Principal and an interesting and interactive talk by Jane Sheehan on foot reading. As a college, we are very passionate about supporting and educating local Therapists, while assisting in maintaining industry standards. To run an event where we can catch up with new and experienced therapists, as well as meet new faces and companies, is really rewarding. It makes me excited for the future of complimentary therapy in Cornwall!”

The next event is on 25th May at Cornwall College St Austell, which welcomes guest speaker Sunita Passi from Tri Doshha to talk about Ayurveda and her new book *The Doctor Won't See You Now*.

## ATTENDEES INDULGED IN A GONG BATH AT MILESTONE THERAPY CENTRE

The Norwich local group had a lovely sound bath in January that was well attended. Rose Haynes from Kismet Wellbeing provided an encompassing Gong Bath experience to set off 2022, and welcome getting the group back together again for face-to-face meetings. Their next meeting, 'Steps to new Clients' with Helen Pinnock from JH School, will take place on the 28th April 2022.



Milestone Therapy

Photograph: Norwich Local Group



Kinesiology evening

Photograph: Waterlooville Local Group

### WATERLOOVILLE'S LOCAL GROUP LEARNS ABOUT KINESIOLOGY

Waterlooville Local support group held a very interesting evening on Kinesiology with Claire Snowdon-Darling, a leading alternative health expert passionate about breaking health myths. Talking to the group about diet and food intolerances and how they are essential to our health; about stress reduction and how we can manage it in our lives; and about how hormones can be linked to chronic conditions. Claire demonstrated how using kinesiology, a holistic therapy which uses muscle response of the central nervous system by a balanced arm muscle response pressure, to test certain foods and also showed us how dehydrated we are by placing a bottle of water on to a pressure point by the side of the neck. It was amazing watching how when certain foods were placed around the body, the clients arm dropped indicating her body's intolerances. We are all now keen to learn more on how kinesiology works within the body's system, and will be something we are going to explore further.



### GREENHOUSE THERAPIES PRACTICES BOWEN THERAPY

Greenhouse Therapies had their first session of the year in February. Nicholas Tobin from Wirral Bowen Therapy gave a successful talk surrounding Bowen Therapy. It was attended by 9 members, and each attendee received a taster treatment afterwards. Future meetings are held on the last Friday of each month at Greenhouse Therapies in Chester for anyone who wishes to attend. For further information, you can visit [greenhousetherapies.co.uk](http://greenhousetherapies.co.uk)

Bowen Therapy session

Photograph: Greenhouse Therapies

## FIND YOUR LOCAL GROUP:

Local groups are a valuable hub for those with a passion for therapies. Hear from excellent speakers about their latest practices and business ideas, and chat to like-minded therapists.

### EAST MIDLANDS

Leicester  
Lincoln  
Northampton  
Nottingham

### EAST OF ENGLAND

Colchester  
Essex  
Hertfordshire  
Norwich

### NORTH EAST

Durham  
Newcastle  
Sunderland  
Tees Valley

### NORTH WEST

Chester  
Manchester (North)  
Manchester (South)  
Morecambe Bay  
Preston  
Wigan, Leigh, Rainford  
and St Helens

### NORTHERN IRELAND

Antrim  
Belfast and District  
Lisnaskea

### IRELAND

Donegal

### SCOTLAND

Ayrshire

### LONDON

North London  
North West London

### SOUTH EAST

Basingstoke  
Chichester  
Dartford, Gravesham  
and Medway  
Eastbourne and South  
Downs  
Milton Keynes  
Oxfordshire (South)  
Waterlooville  
Worthing

### SOUTH WEST

Bath  
Bournemouth  
Ipplepen  
St Austell  
Swindon  
Taunton

### WALES

Pontyclun and District  
Wrexham

### WEST MIDLANDS

Birmingham (North)  
Coventry  
Hereford  
Stourbridge and Dudley

### YORKSHIRE AND THE HUMBER

Calderdale  
Kirklees  
York

### Did you know?

Attending a local group meeting – in person or online – can gain you two CPD points if the subject relates to professional development. Find out what subjects are covered as CPD at

[fht.org.uk/training/cpd](http://fht.org.uk/training/cpd)

### Can't find a group in your area?

Why not become a local group Ambassador? It's a very rewarding role, and there is a range of additional benefits available exclusively to co-ordinators. Contact [cgibbs@fht.org.uk](mailto:cgibbs@fht.org.uk) for more information.

### More info:

For group contact details and information about forthcoming meetings, go to [fht.org.uk/member-hub/local-groups](http://fht.org.uk/member-hub/local-groups)



# FHT

## ACCREDITED COURSE PROVIDERS

### LOOKING TO BECOME AN FHT ACCREDITED COURSE PROVIDER?

FHT's accreditation team is here to help guide and support new and existing course providers through their journey of becoming an FHT accredited course provider.

Accreditation ensures that course providers and prospective students recognise that qualifications and short courses have been independently and externally assessed, meeting the highest standards of approval.

We offer accreditation nationally and internationally, which is an exciting opportunity to get your courses approved and recognised throughout the industry.

If you would like to know more information about the accreditation process and how to apply, please visit our accreditation page where you will find all the information and benefits.

Please do not hesitate to contact the accreditation team should you wish to join.

We would love to hear from you!

Annie and Nicola  
The Accreditation Team  
[accreditation@fht.org.uk](mailto:accreditation@fht.org.uk)

SCAN HERE FOR THE ACCREDITATION PAGE



- SC SHORT COURSE** - FHT Accredited short course is a training course that on its own does not follow the National Occupational Standards (NOS) and Core Curriculum for a therapy and one which may not qualify the student to Practitioner Level. Short courses expand on an existing therapy that follows the NOS or FHT standards as best practice, i.e. Pregnancy Massage or CPD courses.
- Q QUALIFICATION COURSE** - FHT Accredited qualification is a training course that follows the National Occupational Standards (NOS) and Core Curriculum - where available - for the therapy and one that qualifies the student to Practitioner Level. This is for learners who are starting from the beginning with no knowledge in the therapy.

### IRELAND

- Q SC Deirdre Murray Holistic Sligo**  
[deirdremurrayholistic.ie](http://deirdremurrayholistic.ie)
- SC Golden Egg Holistic**  
[goldeneggholistic.com](http://goldeneggholistic.com)
- Q International College of Orthopaedic Therapy (INCOT)**  
[incot.ie](http://incot.ie)
- Q Kerry School of Reflexology**  
[kerryreflexology.com](http://kerryreflexology.com)
- Q SC National School for Remedial Therapy (NSRT)**  
[nsrt.ie](http://nsrt.ie)
- Q Pyramid Holistic Centre**  
[pyramidholisticcentre.ie](http://pyramidholisticcentre.ie)
- Q Tara School of Reflexology & Therapies**  
[taraschoolofreflexology.ie](http://taraschoolofreflexology.ie)
- Q SC The European College of Reflexology and Massage**  
[ecrm.ie](http://ecrm.ie)

### SCOTLAND

- NEW SC Cancer Support Scotland Training Academy**  
[cancersupportscotland.learnworlds.com](http://cancersupportscotland.learnworlds.com)
- Q Hailey Dallas Brows Ltd**  
[Haileydallasbrows.com](http://Haileydallasbrows.com)
- SC Holistic Ecosse**  
[makima@hotmail.co.uk](mailto:makima@hotmail.co.uk)
- SC Jennifer Macaskill Massage Therapies**  
[facebook.com/Jennifer-Macaskill-Massage-Therapies-111417958878900](https://facebook.com/Jennifer-Macaskill-Massage-Therapies-111417958878900)

- Q Mind Detox Academy**  
[minddetoxacademy.com](http://minddetoxacademy.com)
- Q SC Shiatsu and Thai Massage Training Scotland**  
[stmts.co.uk](http://stmts.co.uk)
- SC Start with Touch Ltd**  
[startwithtouch.com](http://startwithtouch.com)
- Q SC The Glasgow School of Massage**  
[theglasgowchoolofmassage.com](http://theglasgowchoolofmassage.com)
- Q Therapia School of Reflexology**  
[therapiaschool.co.uk](http://therapiaschool.co.uk)

### NORTHERN IRELAND

- Q Angel Haven**  
[angelhaven.co.uk](http://angelhaven.co.uk)
- Q SC Body and Sole School of Complementary Therapies**  
[bodyandsoleschool.co.uk](http://bodyandsoleschool.co.uk)
- SC Dorothy Kelly Academy of Reflexology**  
[dorothykellyacademyofreflexology.com](http://dorothykellyacademyofreflexology.com)
- Q SC Elaine Curry Wellness Academy with Calm Confident Kids**  
[calmconfidentkids.co.uk /](http://calmconfidentkids.co.uk/)  
[elainecurry.com](http://elainecurry.com)
- Q New Beginnings School of Natural Therapies**  
[angelsanctuary.co.uk](http://angelsanctuary.co.uk)
- Q SC Sheila Nugent School of Reflexology & Holistic Therapies**  
[sheilanugentschoolofreflexology.co.uk](http://sheilanugentschoolofreflexology.co.uk)



**NORTH WEST**

- SC** Acupuncture Training for Therapists Ltd  
acupuncturetrainingproviders.co.uk
- SC** Angela Pollard Therapies  
angelapollardtherapies.co.uk
- Q** Breathworks  
breathworks-mindfulness.co.uk
- Q SC** British Academy of Crystal Healing  
britishacademyofcrystalhealing.co.uk
- SC** Dorn Method Academy UK (Jacqui)  
dornmethodlakedistrict.co.uk
- SC** Female Fitness Academy  
the-ffa.com
- Q** Gaia School of Natural Health  
gaischool.org.uk
- Q SC** Greenhouse Therapies  
greenhousetherapies.co.uk
- Q SC** KORE Academy Ltd  
koretherapy.com
- SC** Matrix Rhythm Therapy UK  
matrixrhythmtherapy.com
- Q** Natural Touch Training  
naturaltouchtraining.co.uk
- Q** Olettesa Reiki & Holistic Therapies  
olettesatherapies.co.uk
- Q** Reiki Tradition  
reikitradition.me.uk
- SC** The Master Academy/ Urban Body Balance  
urbanbalance.co.uk
- SC** Warrington & Vale Royal College  
wvr.ac.uk

**NORTH EAST**

- SC** Breeze Academy  
breeze.academy
- Q** Soundaffects  
soundaffects.uk.com
- Q** The No1 Pain Relief Clinic  
theno1painreliefclinic.co.uk

**YORKSHIRE AND THE HUMBER**

- SC** Ashwood Beauty & Holistic Academy  
ashwoodacademy.co.uk
- Q** Chi Medics™  
chi-medics.com
- SC** Dawn Alderson & Co Training Academy  
dawnaldersontrainingacademy.co.uk
- SC** Elemental Woman  
elementalwoman.co.uk
- Q SC** Eve's Garden  
(Alison Valerie Peart)  
eves-garden.co.uk
- SC** NHS Natural Health School  
nhsnaturalhealthschool.co.uk
- Q SC** Pain Care Clinic Ltd  
paincareclinic.co.uk
- Q** The Sound Therapy Company  
thesoundtherapycompany.co.uk
- SC** Total Therapies Training  
totaltherapies.co.uk

**EAST MIDLANDS**

- SC** Fertility Massage  
fertilitymassage.co.uk
- SC** Gentle Release Therapy Ltd  
gentlereleasetherapy.com
- SC** Holistic Tai Chi Qigong Training Academy UK  
hqtauk.com
- Q SC** Infinity Training Academy  
infinitytrainingacademy.co.uk

- Q** Penny Price Aromatherapy Ltd  
aromatherapy-courses.co.uk
- SC** Pressure Point  
pressurepoint.me
- Q** Shirley Price International College  
of Aromatherapy  
shirleyprice.co.uk
- SC** Skcin National Skin Cancer Charity  
masced.uk
- SC** The Active School of  
Complementary Therapy  
ukmassagecourses.com
- Q** Tri-Dosha  
tri-dosha.co.uk

**WEST MIDLANDS**

- SC** Ascent Therapies Training Academy  
ascent-therapies.co.uk
- SC** Bespoke Beauty and Holistic Training  
bespokebeauty0@gmail.com
- Q SC** Central School of Massage  
centralschoolmassage.com
- SC** Chakrascension™ Centre  
chakrascension.org.uk
- Q** Joanne Woodward Holistic  
Health Clinic  
joannewoodwardholistichealth.com
- SC** Just BE (Butterfly Experience)  
with Jacqui Mexson  
Jacqui.mexson@virginmedia.com
- Q** Lorraine Davis Holistic Healthcare  
and Education Centre  
lorrainedavistraining.com
- SC** Lymphcare UK CIC  
lymphcare.co.uk
- SC** Lymphoedema Training Academy Ltd  
lymph.org.uk
- Q** Midlands School of Massage & Bodywork  
massageandmovement.uk
- SC** Microsystems Therapies and Training  
annavenables.com
- Q** Paadena School of Yoga & Thai  
Yoga Massage Therapy  
paadena.co.uk
- SC** The Aromatherapy Company  
thearomatherapycompany.co.uk
- SC** The Ishta Centre  
coreposturalalignment.com

**WALES**

- SC** Angela Green  
Complementary Therapies  
angelagreen99@yahoo.co.uk
- SC** Dynamic Massage  
dynamicmassage.co.uk / handsfreemassage.com
- Q** Glyndwr University  
glyndwr.ac.uk
- SC** HB Training Wales Ltd  
hbtraining.org
- SC** In The Pink! Therapies and Training  
inthepinktherapiesandtraining.co.uk
- Q SC** Physiotherapy and Complementary Therapies  
Ltd  
nwcom.co.uk
- SC** Sally Kay  
reflexologylymphdrainage.co.uk
- Q SC** TEACH Therapy  
teachtherapy.co.uk

**SOUTH WEST**

- SC** Abigail Langstone-Wring  
Weymouth Dorset  
dorsetclinicalreflexology.co.uk
- SC** Amethyst Trust  
amethysttrust.co.uk
- SC** Booth VRT Ltd  
boothvrt.com
- SC** Cheltenham School of Complementary  
Therapy & Beauty  
thetherapyschool.co.uk
- Q SC** Coastal Therapies  
coastaltherapiesdevon.co.uk
- Q SC** Core Elements  
coreelements.uk.com
- SC** Cotswold Academy of Health and Beauty  
cotswoldacademy.co.uk
- SC** Devon Academy of Complementary Therapies  
devonacademy.co.uk
- SC** Functional Anatomy  
functionalanatomy.com
- SC** II Intuitive Ltd  
2intuitive.co.uk
- SC** JemmaCo Limited  
jemma.co.uk/training
- SC** Light Touch Therapy Training  
lighttouch.co.uk
- SC** Massage for Dementia  
massagefordementia.co.uk
- SC** Seren Natural Fertility  
serennaturalfertility.co.uk
- Q** Sunshine Hair & Beauty Training Academy  
sunshinetraining.co.uk
- SC** The Children's Reflexology  
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kidsreflex.co.uk
- SC** Touchline Training Ltd  
touchlinetraining.co.uk
- SC** Tranquillity Zone Training  
tranquillityzonetraining.co.uk
- Q** University of St Mark & St John  
marjon.ac.uk
- SC** Weston Hospicecare  
westonhospicecare.org.uk

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aromalyne.com
- Q SC** Brighton Holistics  
brightonholistics.co.uk
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brightonschoolofmassage.co.uk
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Management  
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- Q** Cherubs Training Academy - Hampshire  
cherubsbabyhealth.com
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clairnutrition.co.uk
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whitebeam.training
- Q SC** Elemi Training  
elemitraining.co.uk
- SC** Freedom Therapies Training  
freedomtherapies.co.uk
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huna-massage.com

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itsperou@depinaperou.plus.com

**SC Jane Sheehan**  
footreading.com

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lucisgroup.com

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maryatkinson.org.uk

**Q Natasha de Grunwald**  
natashadegrunwald.co.uk

**Q Peter Symonds Adult and Higher Education College**  
psc.ac.uk

**SC Purple Turtle**  
purpleturtletherapy.com

**SC Reflexmaster**  
reflexmaster.co.uk

**SC RJ Buckle Associates**  
rjbuckle.com

**SC Shakra Centre**  
shakracentre.com

**SC Shared Beauty Secrets**  
sharedbeautysecrets.com

**SC SOMAPP- School of Massage & Physical Performance**  
somapp.co.uk

**SC Story Massage**  
storymassage.co.uk

**Q SC The Academy of Systematic Kinesiology**  
kinesiology.co.uk

**SC The Advanced Attraction Company Ltd**  
carolynebennett101@gmail.com

**Q SC The College of Functional Wellness**  
functional-wellness.co.uk

**SC The Five Key Programme**  
Radford-holistictherapies.co.uk

**SC The School of Abdominal Sacral Massage**  
abdominal-sacralmassage.com

**SC Time for a Change**  
timeforachange.uk.com

**SC Total Release Experience (TRE UK®)**  
treuk.com

**SC Training4Healthcare**  
training4healthcare.co.uk

## EAST OF ENGLAND

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academyofadvancedbeauty.com

**Q SC Cameron Reid Training**  
cameronreidtraining.co.uk

**Q Culinary Medicine College**  
culinarymedicinecollege.com

**SC Functional Reflex Therapy**  
functionalreflextherapy.co.uk

**SC Helen Mary Perkins**  
helenperkins.com

**SC Ingrid Perrin**  
roseonthegreen.co.uk

**NEW SC One Mind Academy**  
onemindacademy.com

**SC On the Spot Training Centre**  
sallymorris.co.uk

**SC Phoenix Holistic & Complementary Therapy Training**  
phoenixhnt.co.uk

**SC SKN-RG Academy**  
skn-rg.com

**SC The Holistic Academy**

holistic-academy.co.uk

## LONDON

**Q SC Ayurveda Pura Academy**  
ayurvedapura.com

**Q Bodyology**  
bodyologymassagecourses.co.uk

**SC CPD Health Courses**  
cpdhealthcourses.co.uk

**NEW SC Craniosacral Therapy Educational Trust**  
cranio.co.uk

**SC Eva Nagy Massages**  
evanagymassages.co.uk

**SC Gong Bodywork**  
doewarnes.co.uk

**Q HypnoTC: The Hypnotherapy Training Company**  
hypnotc.com

**Q SC Jivita Ayurveda Ltd**  
jivitaayurveda.com

**SC Kneads Must / Kneader Massage (KOM)**  
kneadsmust.com

**Q London Institute of Thai Yoga Massage**  
learntomassage.co.uk

**Q Magni Academy**  
magniskin.co.uk

**SC M.D Therapies Training Centre**  
mdmassagetherapies.co.uk

**SC Neal's Yard Remedies School of Natural Medicine**  
nealsyardremedies.com

**SC School of Natural Therapies**  
schoolofnaturaltherapies.co.uk

**Q Shen Mantra**  
shenmantra.com

**SC SpaNu Wellness**  
spanuwellness.com

**SC St Mary's University**  
smuc.ac.uk/shortcourses

**SC UnitedMind Ltd**  
unitedmind.co.uk

**SC Ziggie Bergman**  
zonefacelift.com

**SC Ziggie Bergman with the London School of Reflexology**  
zonefacelift.com

## NATIONAL

**Q SC Anatomy and Physiology Online**  
anatomy-and-physiology-online-courses.co.uk

**Q SC Essential Training Solutions Ltd**  
essential-training.co.uk

**Q SC Gateway Workshops**  
gatewayworkshops.co.uk

**Q Health Kinesiology UK**  
healthkinesiologytraining.com

**SC Hypnosis Courses Ltd**  
hypnosis-courses.com

**SC Jennifer Young and Beauty Despite Cancer**  
beautydespitecancer.co.uk

**Q SC London School of Massage**  
londonchoolofmassage.co.uk

**Q Stonebridge Associated Colleges**  
stonebridge.uk.com

**SC The Balance Procedure Limited**  
thebalanceprocedure.com

**Q The College of Bowen Studies**  
thebowentechnique.com

**Q SC The Chrysalis Effect**  
thechrysaliseffect.com

**Q SC Vitali-Chi Headquarters**

v-chi.com

**SC Wavestone Therapies Ltd**  
thewavestone.co.uk

**SC Womb & Fertility Massage**  
fertilitymassage.co.uk

## INTERNATIONAL

**NEW SC Alchemy of Breath Academy**  
alchemyofbreath.com

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afpafitness.com

**SC Beijing ReStart Biotech Ltd**  
5restart.com

**Q Blossom & Berry Baby Massage & Yoga Training**  
blossomandberry.com

**SC Butterfly Touch Therapies Training Limited**  
butterflytouchtherapietraining.com

**Q Cosmo Kemp School of Thai Yoga Massage**  
cosmothaiyoga.com

**Q Health Coach Institute, LLC**  
healthcoachinstitute.com

**Q Institute of Transformational Nutrition (ITN)**  
transformationaln nutrition.com

**Q SC Jari Jari Spa**  
jarijari.com.my

**SC Little Kidz Foundation**  
liddlekidz.org

**SC MSTR® International**  
mcloughlin-scar-release.com

**Q New Mind Academy (New Mind Sdn. Bhd.)**  
brainhealthspecialist.com

**Q SC New Vision Therapy**  
newvisiontherapy.co.uk

**SC PureAroma Healing Academy**  
purearoma.com.tw

**SC Rapid NeuroFascial Reset**  
rapidnfr.com

**Q Rinalda Therapeutic Kneads**  
rinaldatherapeutickneads.com

**SC Shiny Forest Ltd**  
shinyforest.com

**SC Singapore SPA Institute**  
spainstitute.com.sg

**Q SC The Institute of Aromatherapy**  
aromashoppe.com

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The  
WaveStone

INVENTED TO REDUCE RSI ON  
THE THERAPIST'S HANDS

# NOW THAT THE SPA & SALON INDUSTRY HAVE RETURNED TO WORK...

...have you thought of offering your  
clients a different kind of treatment?

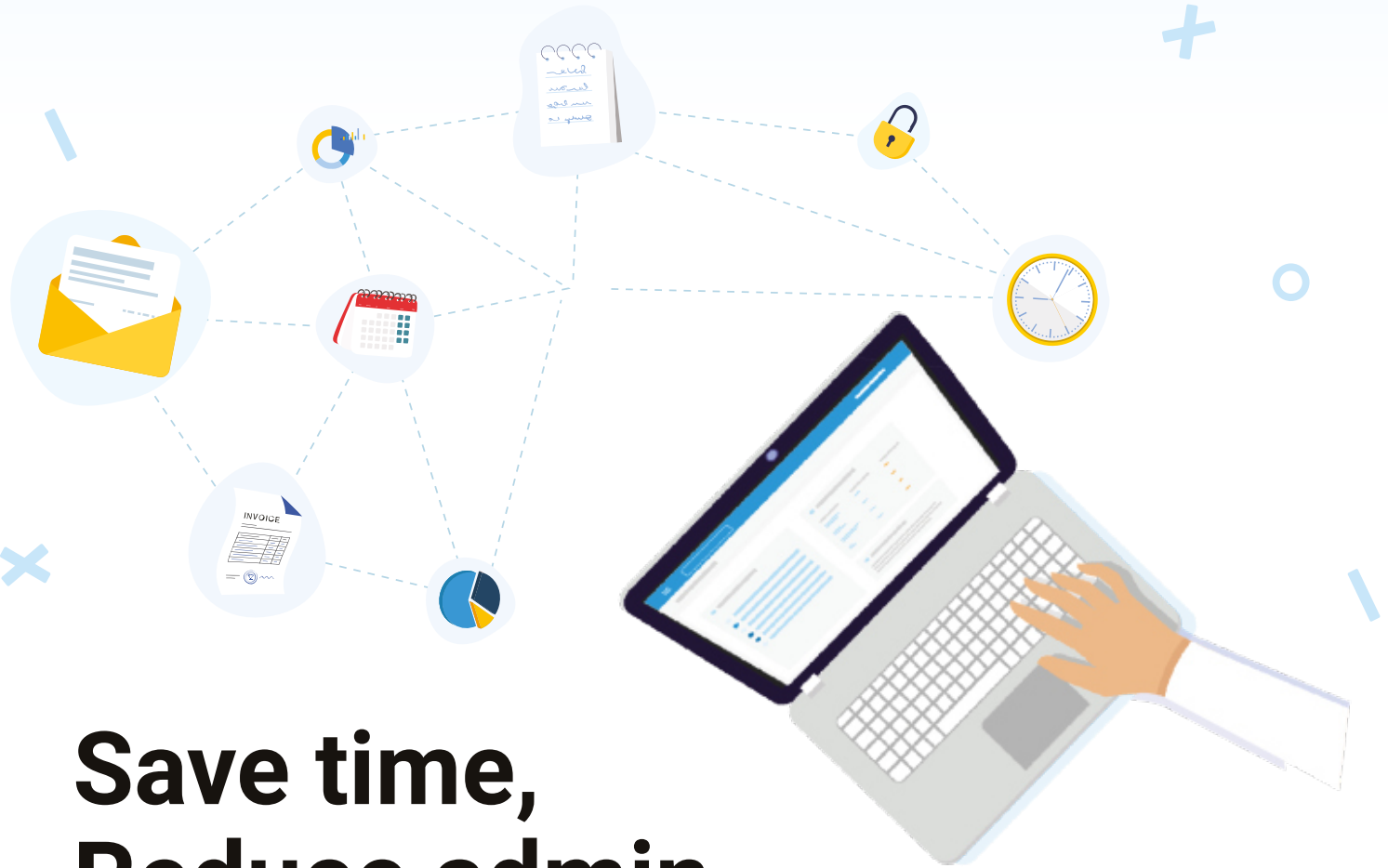


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