

## Neutral Sessions

Can be helpful in rebalancing the body, and assisting in the following areas:

To feel balanced

Increased vitality

Stress Headaches/ Migraines

Tension/tiredness

Backache/Shoulder tension

General 'out of sorts'

Digestive issues / IBS

We work to align the body's own flow and rebalance areas that may have become blocked.



The session is one hour, on a massage couch. Please wear light comfortable clothing. It is a very relaxing body enhancing process through gentle massage that helps re-establish the blueprint of your original, natural, healthy, buoyant state of balance and harmony.

## What people say:

"...results in a wonderful feeling of deep relaxation during the Session and enables you to give yourself over to the experience completely. This produces a feeling of well-being where your body is in harmony with itself" VM Devon

"sessions were amazingly relaxing. I feel as if I've regained parts of my body that I had learnt to ignore because they'd been out of shape for so long" Ali Devon

"thank you so much for the polarity session this afternoon. After 3 weeks of pain in my hip and limited mobility, just a few hours later I can walk up the stairs 'normally' without pain". WF Devon

**"100% Natural"**

## What is Neutral space™?

- Neutral Space™ uses Polarity as the modality (see below) for a gentle bodywork session.
- Quiet and relaxing space.
- Using various techniques in a safe, clear, professional space.
  
- For more info on Polarity go to [www.neutral-space.co.uk](http://www.neutral-space.co.uk)  
[www.ukpta.org.uk](http://www.ukpta.org.uk)  
[www.polarity.tk](http://www.polarity.tk)  
[www.polaritytherapy.tv](http://www.polaritytherapy.tv)

**Call now 01297 625586**

## Health Enhancement

The bodywork techniques are life enhancing as they also create awareness from a different vantage point, helping you to see things differently.

This approach can assist in not only 'balancing the body' but also enhancing your interactions with those around you in work, rest and play. It will be possible for you to be more relaxed and, therefore, be more aware of the happiness and joy that can prevail in your life.

These elements help our understanding when creating a balanced approach to your 'well-being'. Other areas are 'positive thinking', diet, nutrition and exercise.

## Neutral Space™ Session Charges:

- Health & Well-being Balance £25 (30 min)
  
- Full Life Enhancement £45 (60 mins +)
- For 2 or more sessions £40 per session

The next step is 'Your Choice '

*The Next Step*

*It's Your choice*