

Why not contact Vita House and make an appointment for some Wednesday & get treated. Take care of your body & it will take care of you!

*Vita House, Abbey Street,
Roscommon.*

*Telephone 090
6625898*

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Relaxation enables a peace and serenity that we not have experienced before to flow through our lives, our thoughts, our being.

In today's frantic world, it is so important we allow ourselves to take time out.

Allowing us to give ourselves the precious gift of relaxation. A gift that keeps on

Holistic Healing

Vita House Family Centre



Telephone/Fax: 090 6625898
E-mail: vitahouse@eircom.net
Web: www.vitahouse.org



HOLISTIC HEALING



Vita House offers many forms of complementary healing which include:

- ❧ Indian Head Massage
- ❧ Stress Management
- ❧ Relaxation
- ❧ Awareness Techniques
- ❧ N.L.P. Skills

These processes promote the healing of body, mind & spirit.

Catherine Garvey – S.R.N., S.C.M. Holistic Healing Practitioner, is trained in Biodynamic Psychotherapy, Relaxation & Stress Management. She has experience in the areas of Healing Body Massage and Indian Head massage. These are available on Wednesdays by appointment **only**.

STRESS MANAGEMENT



Stress is an essential part of life, which if properly managed, is good for us. With a holistic therapist, you can learn stress management techniques, breathing exercises and meditation. Enjoy a relaxing aromatherapy massage with the therapeutic qualities of natural essential oils.

INDIAN HEAD MASSAGE



Various acupressure points of the shoulders, neck, head, scalp and face are massaged to aid relaxation, relieve headaches and eyestrain, treat sinus conditions and promote strength and growth to all hair types.

Neuro-Linguistic Programme (N.L.P.) Skills for Personal Development & Self Empowerment

MORE INFORMATION....



N.L.P. empowers you to move beyond “stuck states” and negative behaviour and reach your true potential. Learn to bring your own inner positive resources into the present so that the negative patterns quickly fade away.

