

## Your Appointment:

## Your Therapist:

Lani Health is a professional clinic run by the students of the FdSc in Complementary Health Therapies. Each Student has reached a competent level of their training towards the foundation degree and an ITEC qualification.

**Booking is easy, simply give us a call on:**

**01209 617 796**

**Or Email: [cornwallclinic@hotmail.co.uk](mailto:cornwallclinic@hotmail.co.uk)**

Or feel free to come into the clinic and see us during clinic opening times to find out more about the treatments you're interested in or to book your appointment.

**We look forward to hearing from you!**

As we are sure you appreciate Lani Health is a professionally run clinic and all appointments made must be kept, you will be charged unless cancellation is given within 24 hours of your appointment. Thank you for your co-operation.



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FOR YOU, FOR THE FUTURE,  
FOR CORNWALL

# Lani Health

## Holistic Balance & Serenity

Lani Health is a clinic run by the students of Cornwall College Camborne studying FdSc in Complementary Health Therapies. We can offer holistic health treatments to suit you at discounted prices.

- **Massage**
- **Reflexology**
- **Aromatherapy**
- **Sports/Remedial Massage**

**Open Thursdays 12:45PM - 3:45PM**

Penhaligon Building  
Cornwall College  
Ground Floor  
Zone 2  
Room P211

**Tel: 01209 617 796**

**Email: [cornwallclinic@hotmail.co.uk](mailto:cornwallclinic@hotmail.co.uk)**

IN PARTNERSHIP  
WITH  
PLYMOUTH  
UNIVERSITY





## What is Holistic Massage?

Holistic Massage is a full body experience to which it is all about tailoring the treatment for the client at the time of the massage, catering exclusively for what you want and need. A wonderful treatment for complete relaxation and to help conditions such as stress, muscular aches and pains, tension and fluid retention.

## What is Remedial/Sports Massage?

Remedial massage is a deep massage done to create the conditions for the body's return to normal health after injury. It is used to treat strains, sprains, broken bones, bruising and any injury where the skin is intact. Deep tissue massage removes blockages, damaged cells, scar tissue and adhesions left after injury, speeds up recovery and encourages more complete healing. Remedial massage is also used for conditions created by lifestyle for example repetitive strain injury and back pain. It is designed to increase the flow of blood and lymph, particularly in the injured areas.

## What is Reflexology?

Reflexology is a complementary therapy that involves the application of pressure to specific points, known as reflexes, on the feet and hands to encourage the body to heal from within. The therapy is based on the principle that the feet and hands contain 'mini-maps' of the whole body. Reflexology is suitable for people of all ages, from babies to the very old and it can bring relief from a wide range of acute and chronic conditions.



## What is Aromatherapy?

The use of essential oils and massage helps to maintain optimum health. After an individual consultation a synergistic combination of oils is chosen specifically for the client. Benefits include: deep relaxation, easing of stress, soothing tired and aching muscles, emotional uplift balances hormones, great for PMT, helps detox and cellulite reduction. It also stimulates the immune system and energises and uplifts. A truly indulgent experience.

## Prices

Holistic Massage Single Treatment - £7  
Or a course of 4 for £25

Remedial/Sports Massage Single Treatment - £7

Or a course of 4 for £25

Reflexology Single Treatment - £7

Or a course of 4 for £25

Aromatherapy Single Treatment - £8

Or a course of 6 for £40

Single Treatments are available, however we do recommend clients to take advantage of the course of treatments offered (and discounted) to enable you to get the most from your therapy.

**Students get 50% discount  
on all treatments!**