

# Life Styling

discover yourself  
focus your strengths  
tackle your weaknesses  
challenge your past  
create your future

Carole is a highly skilled life coach, therapist, trainer and motivational expert with over 25 years experience in both the business sector and in dealing with individual client personal development and holistic stress management.

## **Fees for standard services**

Instant Stress Reduction (ISR) - £30

Luxurious Aromatherapy - £60

Life Styling:  
face to face or via the telephone,  
including email support - £60

Gift vouchers available

Tailor-made packages, talks, workshops and alternative holistic treatments also available. Please contact Carole Thornton for further information or to simply discuss your needs.

Carole Thornton MIFPA, MNFSH, MECI

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your guide  
to  
help you

reduce stress  
enjoy life

## **The “modern” lifestyle**

An increasing number of employees are working more than 60 hours a week, according to a survey by the Department of Trade and Industry's (DTI) Work-Life Balance Campaign and Management Today magazine.

In general, all people are very similar. We all enjoy happiness, yearn to love and be loved and as the latest survey findings illustrate, it looks as if more and more of us are willing to put in more than our fair share of extra time and all to what end?

The most common symptom of our modern lifestyle is daily stress and we are increasingly having to find new ways of dealing with this daily stress. Some of us turn to caffeine and others to alcohol. This is why Carole Thornton has developed a simple, yet effective and convenient solution to this problem called the Instant Stress Reduction (ISR) Massage.

Carole Thornton is a highly trained therapist with over 25 years of experience, who is both MIFPA, MNFSH & MECI accredited. Carole Thornton is also a fully trained NLP practitioner.

Enjoy a deeply relaxing and stress reducing back, neck and head massage using luxurious therapeutic grade essential oils tailored to your exact needs.

A 30 minute session is only £30

Appointments are available to fit your busy schedule - before work, during lunch, after work or any other time that suits you.

To discuss your requirements further, or to arrange an appointment feel free to contact Carole directly on 01825 740075.

## **Aromatherapy**

For those people with a little more time to indulge and who enjoy the enhanced benefits of a full aroma therapeutic massage, Carole Thornton is able to offer this deeply relaxing & powerful therapeutic treatment.

Aromatherapy essential oils can have powerful effects on your moods, as the part of the brain that detects smell messages from the nose (olfactory bulbs) is closely linked with your emotional centre in a part of the brain called the limbic system. Blended oils are also absorbed from the skin into the circulation and can have powerful effects on the body.

Using a fine selection of therapeutic grade essential oils, Carole Thornton will blend these to your exact individual needs; coupled with gentle massage movements this powerful treatment can help release physical, mental, emotional and spiritual problems.

## **LifeStyling**

Whilst daily stress is something the vast majority of us experience and discover ways of managing - through either making changes to ones lifestyle or through ISR Massages - feeling continually under pressure over a long period of time can start to affect our health, causing problems with both our physical and emotional well-being as well as often placing relationships in jeopardy.

Stress, anxiety and tiredness can all breed one another and we often tend to make more mistakes, become less productive and depressed when faced with long term exposure to increased stress.

The answer to this very common problem often requires more than just a quick solution, requiring more of a detailed analysis of ones lifestyle, coupled with a system of personalised support to help you re-charge and re-focus to create your future.

continued overleaf...