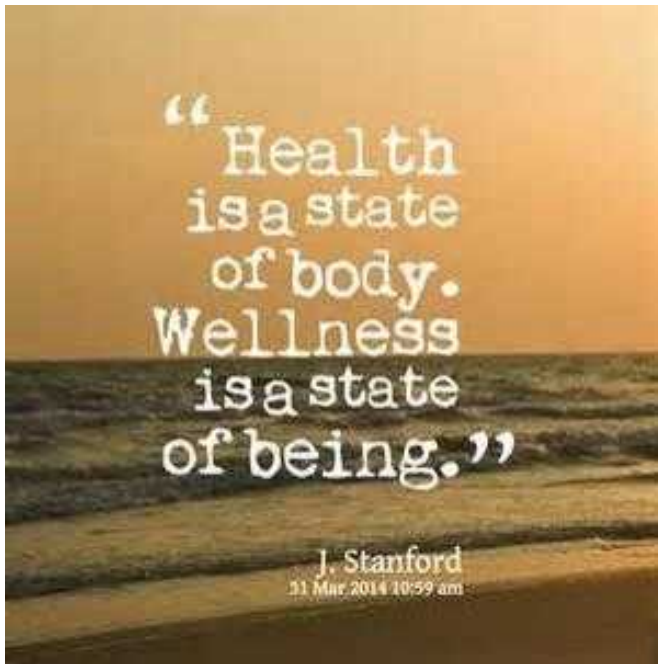


# FREE Well-Being Consultation



Location **South West, Hampshire**  
<https://www.freeadsz.co.uk/x-391276-z>

FREE Well-being Consultations At Athena are offering a FREE well-being consultation for people who:  
 Are struggling to find time out for themselves  
 Are finding that everyday life is taking its toll on their health and feeling of general wellbeing  
 Would like some tips on how to make the most of time to themselves  
 Would like some advice on small changes they can make to improve their feelings of well-being  
 The consultation includes: Lifestyle analysis – an assessment of stress levels at work and home, as well as what you are currently doing to manage this, nutrition, exercise, toxins, and sleep advice on how to make changes to improve your feeling of well-being, such as advice on stress management, nutrition, and how to get a better nights sleep.  
 Consultation Output At the end of your consultation, you will have a personalised advice pack, containing advice and tips to help you on all aspects of the consultation: Stress management and relaxation  
 The importance of me time  
 Nutrition  
 Exercise  
 Sleep

What you can expect from me

I am a fully qualified and insured holistic therapist. In my day job, I offer a range of massage therapies and rejuvenating facials for both men and women. I enjoy helping people to feel better about themselves and to take control of their everyday life to improve their general feelings of well-being. I understand the demands of today's busy lifestyles, my working hours are flexible; I can work daytime, evening and weekends to fit around your work and home commitments. Your privacy will be respected at all times. Your treatments and information are always strictly confidential and will not be shared. All records are kept in a locked cabinet. Electronic records are not kept. To book your free consultation, call Sandy: Tel: 07927 909782 07927 9097...(click to reveal full phone number)

Email: [click to contact](#)

Website: [athena-holistic-massage-therapies.co.uk](http://athena-holistic-massage-therapies.co.uk)

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