Therapies available here include:

**Chiropody & Podiatry**
*put your feet in good hands.....*

Kathryn Grace & Associates D.Pod.M., M.Ch.S. HPC Registered
Adult and child footcare.
- Routine Footcare - Nails, Corns & Callus
- Diabetic Foot Care & Assessment
- Verrucae
- Nail Surgery
- Gait Analysis
- Sports Biomechanical
- Orthotics
- All Foot And Ankle Problems

**Physiotherapy**
*encompassing physical and social well being....*

Samantha Davies - Grad Dip Phys MCSP HPC Registered
‘We aim to maintain and restore maximum movement and functional ability throughout life’.
- Whiplash
- Sports Injuries
- Back & Neck Pain
- Upper & Lower Limb Conditions
- Acupuncture

**Personal Training**
*personalised programme tailored for you.....*

Craig McNeill - Personal Trainer
‘Feel good & look better....for all ages, all fitness levels and abilities’.
- Personal training at various locations to suit you within the Warrington/Widnes area
- In the comfort of your own home, DW Sports & Fitness, Widnes or at Parkview
- Receive a personalised programme tailored for you
- Nutrition advice and guidelines to help you feel good & look better
- Disperses Toxins From Tense, Knotted Muscles

**Sports Massage**
*soothe away your aches and pains.....*

Rachel Farrington - MICHT
There can be many benefits to having sports massage, both in training, post event and in recovery. Potential benefits can include:
- Faster recovery from micro damage and trauma in workouts
- Increased flexibility and range of motion
- Reduced muscle tension, cramping and inflammation post
- Reduced injury healing time
- Improved circulation
- Relief from fatigue
Acupuncture

Mike McCaul - B.Sc., MBAcC.
‘Acupuncture offers a unique & natural alternative to each individual that may be used on its own or along side other therapies’.

- Acute & chronic conditions
- Drug free pain relief
- Insomnia
- Fatigue
- Help with weight loss
- Smoking cessation
- Arthritis
- Stress
- Women’s health

Indian Head Massage & Reiki
relieve the stress of everyday living....

Rita Rimmer - H.G. Dip(p) MHGI. C.C.C
Relaxation for muscles providing a sense of calmness & soothing energy.

- Relief From Chronic Neck And Shoulder Stiffness
- Releases Anxiety, Lift Feeling Of Depression
- Provides A Sense Of Calmness Boosting Energy
- Disperses Toxins From Tense, Knotted Muscles

Semi-Permanent Make-up & Teeth Whitening
face the future with confidence.....

Julie Philpot
Natural facial enhancement

- Eyeliner
- Lipliner & Blush
- Simulation Eyebrow

Tooth Whitening

Enjoy the power of a beautiful natural bright smile using the ‘REME WHITE’ professional system.

Psychotherapy/Counselling

Rita Rimmer - H.G. Dip(p) MHGI. C.C.C
Sue Underwood - Dip.Couns; BACP (Accred) Counsellor

For further information please ask at reception

Gift Vouchers & Products Available To Purchase

Tel: 01925 762404
21 Common Lane, Culcheth, Warrington, WA3 4EW
www.parkviewcentre.co.uk