

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 - MIGHT

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

an effective & beneficial form of therapy practised for thousands of years....



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 Tooth Whitening

- Eyeliner
 - Lipliner & Blush
 - Simulation Eyebrow
- 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

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www.parkviewcentre.co.uk