

# ancho



## Small Steps

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Holistic Treatments

Are you struggling with depression, anxiety or stress? Is it starting to have an impact on your life or wellbeing? If so, our **free** holistic treatments might be just what you need.

## **What treatments are on offer?**

### **Swedish Massage**

Designed to relax the entire body by massaging the muscles in a wonderful combination of light to firm gliding strokes. Helps to clear the body and mind of unwanted responses to stress and has many benefits.

### **Indian Head Massage**

A relaxing therapy based on the Ayurvedic healing philosophy. By massaging the scalp with a firm and gentle rhythm, blockages are relieved and tension dissipated. You will feel calm and balanced afterwards and ready to face the world again.

### **Hopi Ear Candling**

A technique that involves placing a hollow, cotton tube, soaked in beeswax, honey and herbs into the ear canal in order to stimulate the ear and facilitate the removal of excess wax and impurities. Soothes conditions such as sinus problems, compacted ear wax, tinnitus and headaches.

### **Reiki**

A subtle and effective form of energy work. Using the belief that everyone has the ability to connect with their own healing energy. When the energy becomes weak or blocked it could lead to symptoms of physical or emotional imbalance. A Can help ease stress and can help support the body to heal.

**Meditation:** an individual uses a technique such as mindfulness, or focusing the mind on a particular object, thought, or activity, to train attention and awareness, and achieve a mentally clear and emotionally calm state. This will be carried out in a group.

**Yoga:** gentle vinyasa flow for all levels carried out as part of a group. Synchronising breath with movement and intention. Includes flow, balance, strength and breathing techniques. Designed to relieve stress and deepen the mind and body connection.

### **Who carries out the treatments?**

The treatments are carried out by a licenced practitioner with 20 years experience.

Elaine, the practitioner, has certificates in 1st and 2nd degree Reiki, a diploma in Anatomy and Physiology and Swedish Massage. She has studied Indian Head Massage, Facial Massage and Skincare, Ear Candling, Yoga teacher training, meditation and holistic health and wellness coach training. She is a member of the International Register of Massage Therapists and is a qualified First Aider.

### **How do I get an appointment?**

Anyone can self-refer for this service. Please email [mail@ancho.co.uk](mailto:mail@ancho.co.uk) or call 01294 313 121.



Our mission is to create neighbourhoods where people want to live

**Our head office:**

Ancho  
Sovereign House,  
Academy Road,  
Irvine KA12 8RL

**Our phone number:**

01294 313 121

**Our email:**

mail@ancho.co.uk

**Our website:**

[www.ancho.co.uk](http://www.ancho.co.uk)

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HOUSING GROUP

This leaflet is available on CD, in braille, in large print and in community languages.

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