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Welcome to our First Newsletter

We wish you a warm welcome to the first edition of the **SMART Clinic** e-newsletter!

SMART Clinic have been established at **LA Fitness** in **Muswell Hill** since 2000. The Clinic originally offered **Osteopathy** and **Sports Therapy** treatments however has now expanded to provide members with a comprehensive range of products and services.

This month we are excited to announce the introduction of the following to our portfolio: **Reflexology**, **Tui Na** and **Organic Lifestyle Products**.

As part of our drive to provide value to LA Fitness members, we shall be producing a monthly newsletter which shall include various articles of interest, the latest special offers and a members Q & A section.

We hope you enjoy our newsletters and look forward to meeting some of you at Muswell Hill soon.

Kind regards

Mark Bussetti
Founder **SMART Clinic**

Organic Living

In our desire to provide members with healthier lifestyle options **SMART Clinic** are excited to announce the introduction of their new organic lifestyle website **Organic Essences**.

Organic Essences features a select range of premium organic products for all the family. The products featured have been selected for their superior quality and the fact that they are free from harmful synthetic chemicals.

The website has taken months of research and features a host of articles and reports that highlight the detrimental effects that synthetic chemicals found in our personal care products, food and the environment pose on our bodies.

For further information please visit:
<http://www.organicessences.co.uk>

or contact:
Sofia Bussetti on 07726 191546
info@organicessences.co.uk



Osteopathy

Sonal Patel BSc.(Hons.)Ost.



What is Osteopathy?

Osteopathy is a way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. When the body is balanced and efficient, just like a well tuned engine, it will function with the minimum of wear and tear, leaving more energy for living.

How Can Osteopathy Help Me?

Osteopaths treat a variety of common conditions including:

Sports Injuries, Repetitive Strain Injuries, Postural Problems caused by driving or work strain, **the Pain of Arthritis** and **changes to Posture in Pregnancy.**

Sonal Patel is recognised by most health care insurers, including **PPP** and **Bupa**. Non members are also welcome.

Clinic Schedule: **Tuesdays** **9:00am - 7:30pm**
 Fridays **9:00am - 6:30pm**

Pricing: £42 *initial consultation (1 hour)*
 £34 *follow up appointments (½ hour)*

Contact/Booking Details:

LA Fitness: **020 8444 8212** (*bookings can be made directly through LA Fitness reception*)
Mobile: **07956 315 278**
Email: sonal_osteopath@hotmail.com

Sports Therapy

Andre Jacobs Dip PT - IIST



What's on Offer?

Sports Massage, Deep Tissue Massage & LaStone Massage.

Why Should I See A Sports Therapist?

If you suffer from **Back Pain, Sore Muscles, Sprains** and **Strains**, a Sports Therapist can offer effective treatments to help recovery, enhance your performance and prevent further injury. A Sports Therapist also works with the client to rehabilitate the body post injury and uses **corrective exercise techniques** to assist the body's return to full function.

How Does A Sports Massage & Deep Tissue Massage Help Exactly?

Deep Tissue Massage and **Sports Massage** are corrective, preventative and therapeutic disciplines focusing on the deeper layers of muscle tissue, releasing unremitting patterns of tension in the body via expert manipulation. This enables improved training and performance, better injury rehabilitation and fundamentally improves injury prevention.

Essential to all sports and all physical activity, these massages will loosen stressed muscle tissue that is restricting oxygen and nutrient circulation, and will release toxins from muscles enabling blood and oxygen to circulate efficiently.

What is LaStone Massage?

LaStone Therapy is the complementary approach to thermotherapy. Alternating hot basalt & chilled marble stones this unique technique 'exercises' the circulatory systems to assist the body in self healing. In addition, this massage assists in strengthening the immune system. LaStone Therapy produces deep relaxation and energizing responses whilst balancing the body & the mind.

Clinic Schedule: **Wednesdays** **8:00am - 8:00pm**
 Thursdays **8:00am - 2:00pm**

Pricing: £35 per ½ hour treatment or £50 per 1 hour treatment

Contact Details:

LA Fitness: **020 8444 8212** (*bookings can be made directly through LA Fitness Reception*)
Mobile: **07799 412 047**
Email: andrejacobs@btinternet.com

Reflexology

Stephanie Heaton Mar



What is Reflexology?

Reflexology is a complementary therapy, which works on the feet to heal the whole person not just the prevailing symptoms. Congestion or tension in any part of the foot is mirrored in the corresponding part of the body.

How can Reflexology help me?

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

Reflexology has been shown to help with: **Back Pain, Migraine, Sleep Disorder, Hormonal Imbalances, Digestive Disorders & Stress-Related Conditions.**

Clinic Schedule: Mondays (including Bank Holidays): 9:00am – 7:00pm

Pricing: £35 for a 1 hour treatment.
New clients should book for 1hr 30mins (to include consultation time)

Special Offers for July

Please ask Stephanie for a
1/2 price Reflexology Treatment Voucher
or pick one up from the SMART Clinic notice board & Reception
throughout July

Contact Details:

LA Fitness: **020 8444 8212** (bookings can be made directly through LA Fitness Reception)
Mobile: **07786625960**

Tui Na

Lin Mirams Lic Dip of Tui Na



What Is Tui Na?

Tui Na is one of the first documented massage techniques of more than 2,000 years. Diagnosis and treatment are based on Traditional Chinese Medicine theory using acupuncture points and meridians. It treats illness through working on deep tissues, muscles and tendons. Tui Na also uses manipulation techniques, cupping and ancillary herbs according to the diagnosis.

What Can We Treat?

Tui Na can treat many conditions including: **Musculoskeletal Conditions** e.g. **Back Pain; Sciatica, Frozen Shoulder; Arthritic Conditions; Female Problems; Headaches, Migraines; Digestive Disorders; Respiratory Conditions; Circulatory Problems; Depression, Stress; Insomnia.**

What To Expect

A session will include a consultation, diagnosis and treatment. Treatment is generally given through loose clothing. The course of treatment you receive will be specific to your particular condition and help you to take care and control of your own health.

Clinic Schedule: Thursdays: 3:00pm – 9:00pm

Pricing:

Special Discount Pricing for July & August

First Consultation £45 (1½ hours)
Follow Up Treatments £35 (1 hour)

Contact details:

LA Fitness: **020 8444 8212** (bookings can be made directly through LA Fitness Reception)
Mobile: **07958 195341**

Product Focus

Each month we shall be featuring a Product Focus section offering the latest in alternative therapy and organic lifestyle products.

As it is now summer and some of you will be going abroad somewhere hot, what better than to bring a bottle of **Buzz Free Spray** to keep those mosquitoes at bay. Safe to use on skin as it is formulated using only organic ingredients with no synthetic chemicals whatsoever. Smells nice and lemony too!



Buzz Free Zone Personal Spray £8.95

Keep those pests at bay with Mother Nature's help. Buzz Free is formulated with a potent combination of pure essential oils and organic herbal extracts, with absolutely no chemical nasties!

Ingredients:

Organic Aloe Vera leaf juice, Purified Water, Proprietary Blend of Essential Oils, Organic Tea Tree Essential Oil, Organic Blue Mallee Eucalyptus Essential Oil, Organic Citronella Essential Oil, Organic Catnip Essential Oil, Pennyroyal Essential Oil, Organic lemon-scented tea tree essential oil, Natural Gum, Neem Extract, Thyme Essential Oil, Pine Essential Oil, Organic Peppermint Essential Oil, Organic Lemon Myrtle Essential Oil, Organic Lavender Essential Oil.

To order product visit: http://www.organicessences.co.uk/organic_household.htm

Member Questions & Answers

We shall be starting a **Member Q & A** section soon whereby each month we shall feature answers to questions our readers have regarding their injuries or conditions.

If you have any questions you would like to ask our therapists, please email:
info@organicessences.co.uk

Future Newsletters

We are hoping to introduce new therapies in the next coming months so look out for the latest news on our therapies by downloading our newsletters.

To receive further editions of our **FREE** newsletters, visit: www.organicessences.co.uk/smartclinic.htm