

Client: British Acupuncture Council
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Salon full of specialists

Since it opened in April this year, Green Space Salons has grown from just one therapist offering beauty and holistic therapies to a total of four therapists, each specialising in their own area.

As well as the treatments provided by founder Sarah Green, the Cofton Hackett salon can now offer acupuncture, hypnotherapy, and extra beauty services such as nail art and eyelash extensions.

Professional acupuncturist Marion studied Traditional Chinese Medicine Acupuncture (BSc Hons) for three years and is a member of the [British Acupuncture Council](#). She uses acupuncture to alleviate a wide range of unpleasant symptoms and to improve general health and wellbeing.

Many people come to Marion because they find that acupuncture is effective in relieving symptoms that

have not been helped by other forms of medicine. She is also trained in facial revitalisation acupuncture. This uses the insertion of fine needles into the face to smooth wrinkles and lift up the skin, and it is very effective for reducing the signs of ageing.

Green Space Salons are offering a special Anti-Ageing Acupuncture Facial treatment which includes a Sen botanical facial treatment as well as facial acupuncture and Chinese herbal tea. This treatment helps to cultivate a beautiful, younger-looking face that has a glow which radiates from deep within the body. Quote VILLAGE to get this treatment for just £30.

Beauty therapist Helen has numerous years of experience within the nail and beauty industry, specialising mainly in semi-permanent eyelash extensions, threading, and technical nail services such as acrylic extensions, the 'Gelish' three-week gel polish, OPI Spa manicures and pedicures, Twinkle Toes, nail art and airbrushing.

Not only does Helen use the very best award-winning products to ensure a long-lasting treatment, she also provides a full consultation prior to any treatment in order to recommend the best option and a full aftercare

plan promoting future health of the area treated. Due to this, Helen has become an extremely popular addition to Green Space Salons, with clients booking well in advance to claim her sought-after appointments.

Meanwhile, Amy is qualified in clinical hypnotherapy, life coaching and NLP. She uses tools from each of these areas depending on which is most relevant and best for the individual to help them realise their goals.

Hypnotherapy works with the part of the mind which is largely outside of our conscious awareness – it is unique in allowing us to bring about an understanding of problems and conditions at the root. Every experience in our entire lives is logged in our subconscious, and these experiences and our processing of them "builds" who we are.

The application of hypnotherapy is as unique as the individual and what they want to change. Popular uses are anxiety, depression, confidence, smoking cessation, IBS, weight loss and phobias – and that's just the beginning.

Coaching is used to achieve a personal goal or find direction. It can be used to achieve a weight-loss goal, achieve a personal ambition, develop personal direction and much more. It

is about looking at what we want in life and developing realistic, actionable strategies to achieve it.

Together with the client, Amy will identify and analyse their unique traits and patterns and build that into a unique model for personal "best practice". You may already know what your goals are, or you may have reached a crossroads, or are facing new circumstances. What the coaching focuses on

is entirely up to you. Quote VILLAGE to book a Stop Smoking programme for just £99 until January 26.

To celebrate its first Christmas in business, Green Space Salons has come up with a special offer for *Village* readers: Christmas party prep packages (including a Gelish Manicure or Pedicure and an Organic Vani-T Spray Tan) for just £30 – a saving of £15!

Beautiful gift packages are also available in the salon, pre-made or bespoke, including body, facial and nail products and a FREE £5 gift voucher.

Visit www.greenspacesalons.co.uk to see a full treatment and product list, "like" them on Facebook and follow them on Twitter @GSSalons.

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