



QEPR (QUANTUM EMOTIONAL & PHYSICAL RELEASE)
WITH BESTSELLING CO-AUTHOR PAUL EMERY
“ASIASPA HOLISTIC TREATMENT OF THE YEAR 2010”



What is QEPR? A rapid body and mind treatment that involves gently 'tapping' meridian acupressure points and calming, therapeutic touch on the arms, face and hands. Combined with guided stress and anxiety releasing visualizations QEPR, developed by Paul and renown doctors over 40 years, is a scientifically proven and effective treatment for the release of any area of stress and anxiety from the mind.

“Paul is great – it helped me!” - Kate Moss, Supermodel *“The miracle therapist!” Marie Claire – Editor*

Pain Release

50 minutes session

Management, reduction even elimination of physical symptoms, aches and pains, backache, pms, neck and shoulder tension, and headaches. Also gently release any underlying emotional cause or increase of symptoms by stress, anxiety, and anger.

Stress Relief Meditation

50 minutes session

Easy and simple, yet powerful, guided visualization and self-touch based meditation that is guaranteed to leave you with a long-lasting feeling of peace, calm and tranquillity. You will find that this comforting meditation quickly quietens the mind, allowing you to effectively let go of any areas of stress, anxiety or worry from your life. Can also be easily used at home, or at work, to manage your emotions better and to gain greater relaxation and peace in your life.

Weight Loss

50 minutes session

End yo-yo dieting, raise self-esteem and feel better about yourself. Lose and maintain weight loss with a 4 step eating strategy plus essential psychological support. Control emotional eating, andf cravings and let go of any causal stress, anxiety or self-sabotaging behaviours.

Detox Support

50 minutes session

Reduce hunger pangs, cravings and headaches and relieve any heightened emotions. Detox Support also improves mental and physical health by identifying food toxins and sensitivities.

Sleep Better

50 minutes session

Simple strategies to enable you to switch off and quieten your mind, relax and let go of any worries or anxiety.

Manage Your Emotions

50 minutes session

Feel calmer, more peaceful, confident and more in control by gently releasing any concerns that are holding you back. Paul's signature QEPR treatment quickly targets: stress/anxiety/worry/sadness/anger.

Quit Smoking

50 minutes session

Become a confident and content non-smoker without willpower or gaining weight. Control any cravings-habits-addictions or withdrawal, and manage any underlying blocks, such as stress, anxiety, fear, anger, or frustration. *No smoking 12 hours before treatment begins.

How many session are required? As the techniques tend to be fast acting, generally only 1-2 consultations are all that is required for a specific concern.

About Paul

Co-Author with *Jack Canfield and Brian Tracy*. Paul's been featured by Fox, Sky, Australia's 'Celebrity Overhaul', Vogue, Gala, Women's Health, Sunday Independent, Sydney Morning Herald, Marie Claire, Harpers Bazaar and OK. He has worked at the world's top health resorts and helped 1000's of people, from doctors and CEO's to rock and pop stars as well as royalty.

Please contact Health & Wellness Reception for more information or to book a free chat with Paul