



## **Total Relaxation and Wellbeing** **by Victoria Brown**



### **20-minute Free Sessions**

Victoria is a Holistic Consultant, Counsellor, Psychotherapist/ Hypnotherapist, massage therapist and Dynamic Energy Healer. Having lived at her family's health spa since the age of three, she has an incredible depth of experience and knowledge on healing, health and beauty.

Based in practice in the UK, Victoria also travels worldwide consulting individuals and groups. In retreat and spa centres, she advises guests on overall mental, physical and spiritual well-being. Clients recover from weight gain, stress, chronic fatigue and symptoms of burn out.

Whether you want to melt away weight or feel greater mental calmness she provides the way to achieve inner and outer beauty. Clients find that her unique combination of skills, expertly tailored to the individual often work immediately. What seems to be acknowledged worldwide is that Victoria supports and relaxes her clients; causing them to feel that they are able to deal with anything whilst they are with her and for a long time after treatment.

Victoria trained in the UK and Sydney, Australia, as well as studying Yoga in Nepal and with teachers in Spain and India. Her extensive skills in western and eastern techniques for preventative holistic health are a great benefit for clients. She comes to Chiva-Som to offer these specific treatments :

### **Total Relaxation Treatment**

Feel the deepest sense of calm and total relaxation with this combination of meditation techniques, hypnotherapy and massage. The feeling you achieve will allow you to completely let go, any worries problems or pain can be forgotten. With a total sense of lightness and refreshed clarity, this experience leaves you feeling calm all day and is the ultimate mind and body treat.

### **Hypnotherapy and Counselling**

Used in combination these are very powerful tools for quickly achieving goals. For rapid, lasting weight loss, stop smoking, and many phobias or emotional issues these sessions will help you achieve optimum results.

### **Talk and Breath**

For many of us we rush around so much every day we have no time to simply sit down, talk, and take a deep breath. Victoria uses her multidimensional healing techniques to let you let go of worries and find solutions so that you can tackle just about anything with support and clarity.