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Natural health clinic charity day raises £900

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Organisers Tracey Turton and Carol Robinson.

30 Mar 2016 / [James Wilson](#)

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REFLEXOLOGY and massage sessions at a natural health clinic helped to raise £900 for the Children's Adventure Farm Trust.

More than 60 people attended the charity day at Cheshire Natural Health, on Tarporley Road, Stretton, and participated in the treatments on offer and listened to a series of talks.

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Nine of Cheshire Natural Health's therapists were on hand during the course of the four-hour event.

Members of the public came away thoroughly relaxed and pampered after taster treatment sessions in massage, reflexology, reiki, endermologie and guided relaxation.



People were asked to make a minimum donation of £20 per treatment session.

A number of 45-minute talks were popular among visitors.

Medical herbalist Natalia Kerkham talked about how herbal medicine can improve your health. Colin Ayliffe, movement and lifestyle coach, offered healthy living advice to help listeners' achieve their potential as part of his talk on holistic living.

Nutritionist Celia Cooper dispelled myths about what we can or cannot eat in her talk on balanced nutrition.

To boost the charity coffers, staff at Cheshire Natural Health sold home-made cakes and held a raffle of prizes, which included treatment vouchers for the clinic.

Tracey Turton, owner of Cheshire Natural Health, hailed the charity day a massive success.

She said: "We had a fantastic day. It exceeded all our expectations.

"All of our clients who took part in the treatment sessions and talks really enjoyed themselves. It was a great success and a wonderful way to help such a worthy local cause."

To find out more about CAFT, visit caft.co.uk.

For more information about Cheshire Natural Health treatments, get in touch with the

effort of the season, every game

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clinic on 01925 730123.

Alternatively, you can email info@cheshirenaturalhealth.co.uk.

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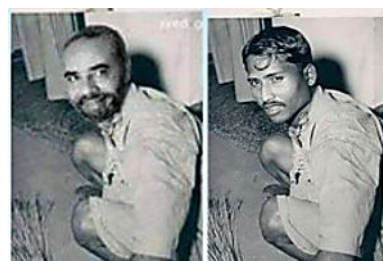
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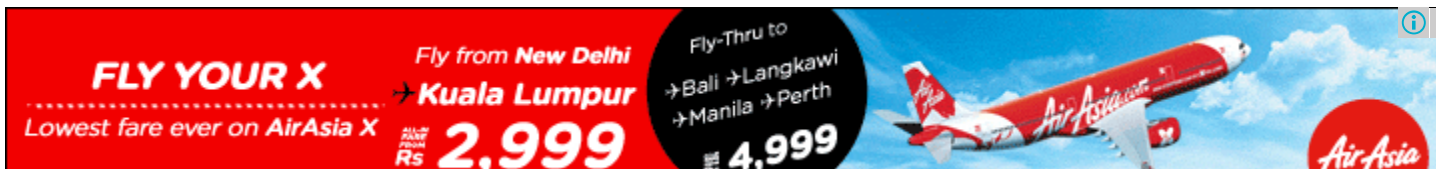
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