

DECEMBER 2020

Helen Cooper Bowen Therapy Christmas Newsletter



Christmas Competition:
A chance to Win a therapy for
yourself & for your 2020 hero!
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Wishing you all a very Happy Christmas!

I wish you all health, peace and happiness. Even though this year may be different, and you may not be with all your loved ones, I hope you have a wonderful time filled with love and laughter.

Much love, Helen x

(PS Hope you like my decorations this year?!)

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Last minute gifts:

THE THERAPY VOUCHERS EMAILED TO YOU
OR YOUR LOVED ONE:



Therapy vouchers (for any amount) can be personalised and either emailed to you to print off and give to your loved one on Christmas Day, or emailed directly to them.

- Bowen Therapy
- Therapeutic Massage
- Distance Healing
- Indian Head Massage

NEALS YARD REMEDIES NATURAL, ORGANIC PRODUCTS MADE WITH THERAPEUTIC GRADE ESSENTIAL OILS

These products are a wonderful way to treat someone special. It's too late to order through the post but I do have a wide range in stock, including gift sets, which can be picked up over the next few days.



Neals Yard Remedies

NYR Organic UK

uk.nyrorganic.com

Image unavailable

Christmas Competition:

THE CHANCE TO WIN A THERAPY FOR BOTH YOURSELF AND FOR YOUR 2020 HERO:

This year has certainly been a rollercoaster of highs and lows. But I'm sure for most of us there has been someone who has made our lives a little (or a lot) better during the more difficult times.

To celebrate all those wonderful people I am holding a Christmas Competition where both you and your nominated hero stand the chance to win a therapy each (max equivalent value £90).

Head over to my page on Facebook where there will be a competition post. Please like the post and tag your 2020 HERO. If you have a great photo & story about how they helped you please feel free to add that too (with their permission) so that we can say thank you to them all.

I will draw the winners randomly from a hat on New Years Day. Wouldn't that be a nice way to start the year?

I really look forward to hearing all your stories and announcing the winners in a Facebook live on New Years Day.



My December round up:

SWIMMING, WALKING & RAINBOWS:

Ever the one to find an opportunity in a difficult situation, I find myself incredibly grateful for where I live. Hampshire pretty much has it all; the sea, hills, rivers, forests and history.

