

September 2020

NEWSLETTER

HELEN COOPER BOWEN THERAPY & HOLISTIC HEALING

*Staycation photo competition
results on Page 3 & my
staycation photos on P4*



Here's me feeling very sorry for myself with a cold! It was more the fact that I was prevented from working again which threw me completely, but luckily the Covid result was negative and I'm back (again!). With all the ongoing developments in the world I'm keeping EVERYTHING crossed that there won't be any more false starts this year.....

Recent reviews:

"I just wanted to let you know I had the most amazing calm and relaxed afternoon yesterday, followed by one of the best nights sleep in ages, and today is a very good day for my Parkinson's too.

Thank you"

"Huge initial improvement all round!"



I'm constantly looking for new ways to keep you safe & improve your experience during treatment. (Read more about exciting new changes on PAGE 2!)

This new mask (from the Jubilee Sailing Trust shop) helps my hard of hearing clients with lip reading.

Please let me know if this is something that would help you.



(My cat, Meg, can't read.....)

Question: So, what's new?

Answer: LOTS!

Air Purification Unit:

As the winter months draw in it becomes harder to keep my windows wide open to refresh the air during your treatments. I will still be airing the room between clients but I also have an air purification unit containing Dew Disinfect solution. This is non toxic and uses a special process to bond water and salt which is 99.995% effecting at killing bacteria, viruses, fungi & spores.

Hand Sanitising Unit:

Also filled with pH balanced, skin friendly Dew solution. This is non sticky and contains no chemicals, perfumes or harmful additives. Just pop a hand underneath the bottom, pump a couple of times with your other hand or forearm and rub your hands together.

QR Code for the NHS Covid Track & Trace App:

Alongside the hand pump is a poster with the QR code for my clinic. If you have the App on your phone please scan the code when you arrive. Don't worry if your phone doesn't support the App, I still have to keep manual records as well which will be provided to the authorities in the unlikely event of a positive case visiting my clinic.

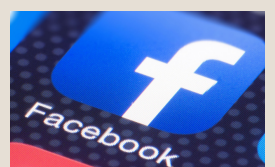
New Uniform:

Changing between each client means I need a lot of clothes and am doing a lot of washing! I've therefore invested in lots of sets of uniforms. Shoes, Trousers, Polo Shirts and Fleeces.

I've also found some super new visors which are completely clear and fit like glasses. They are fab. I hardly know I'm wearing them and no more steaming up!



To keep up to date with what's going on a regular basis, including video updates, photos and competitions, please follow my Facebook page: Helen Cooper Bowen Therapy



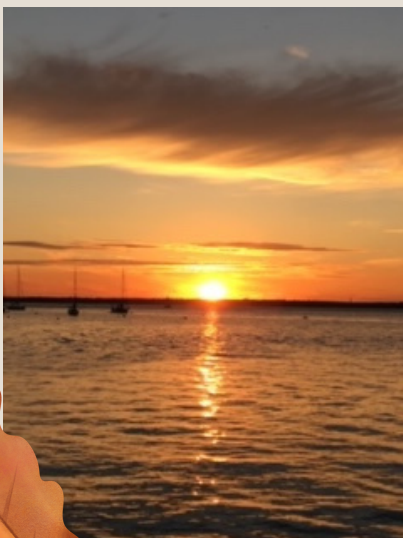
August Newsletter Photo Competition

In my last newsletter I asked you for your own favourite staycation photo. Thank you for sending them in. I've really enjoyed seeing them. Here are my favourite entries. As I knew who they were from I asked my sons to judge.

And the winner is.....

Helen Shenton, who wins a Neals Yard Special Edition 50g Wild Rose Beauty Balm and 40ml Natural Defence Hand Rub worth a total of £45.75.

Congratulations Helen!



And finally, let's get personal.....

Unfortunately, my partner and I couldn't go to Nice for our holiday as originally planned, but we did have a wonderful few days in Dorset instead. We had absolutely incredible weather too! There were lots of super walks to find ancient standing stones, barrows and stone circles; fossil hunting, locally caught seafood and swimming in the beautifully clear sea.

So, here are a selection of MY staycation photos!

