



42 Lower Kings Road Berkhamsted HP4 2AA

We offer a wide range of alternative and complementary therapies, so whatever your needs the chances are we'll be able to offer a treatment that will help.

What unites all of us is the belief that there's more to life than just staving off illness and feeling 'not too bad'. Wellness is all about being healthy and happy, in both body and mind, so you can really get the most from your life rather than just getting by.

Our treatments together treat the whole person and get to the cause of what gets in the way of good health. Once these blockages have been removed you are able to return to a natural state of wellbeing.

**Reception Opening Times:**

Monday 9:00am-7:30pm  
 Tuesday 9:00am-5:30pm  
 Wednesday 9:00am-5:30pm  
 Thursday 9:00am-5:30pm  
 Friday 9:00am-7:00pm  
 Saturday 9:00am-2:30pm

[Chiropractic and Kinesiology](#)

[Acupuncture](#)

[Alexander Technique](#)

[Amatsu Therapy](#)

[Bowen technique](#)

[Counselling and psychotherapy](#)

[Colon hydrotherapy](#)

[Cranio-Sacral Therapy](#)

[Feldenkrais®](#)

[Homeopathy](#)

[Hypnotherapy](#)

[Life Coaching](#)

[Massage](#)

[Medical Herbalism](#)

[Natural beauty treatments](#)

[Naturopathic nutrition](#)

[Reflexology](#)

[Yoga Therapy](#)

Each of our practitioners has their own way of working, but the first thing they will all do is listen carefully to what you have to tell them.

Once they have built a clear picture of your situation they will devise a plan for your treatment. Sometimes just one session will be all that's needed, while other times a course of several treatments might be the best thing for you.

If you have any questions in the meantime or want to book an appointment, just drop in or give us a call on 01442 800400 and one of our helpful, friendly associates will be happy to assist you.

