

Herbs AND Hands.co.uk

- General Health
- Conception
- Pregnancy
- Menopause
- Relaxation
- Stress Relief



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YOUR 15 MINUTE
**FREE TASTER
SESSION!**

Women's Wellbeing

Women's Wellbeing

Renuka Russell, of Herbs & Hands, is a highly qualified massage therapist and herbal medicine practitioner working in the Peak District and central Sheffield. Specialising in women's wellbeing, she works with women of all ages and in the different stages in their lives.



She will work closely with you throughout the stages of your pregnancy, offering safe and effective massage techniques to ease stress, aches and pains and employing herbal remedies to safely address sleep, digestive problems and headaches. She also uses positive visualisation, calming and hypnobirthing techniques to help prepare you for your journey towards childbirth. She will help keep you fit and well and looking forward to the birth of your baby.

Many women can have problems conceiving and this can be due to a number of factors, both medical and psychological in origin. You may find that positive visualisation techniques and relaxing massages to relieve stress and anxiety and put you in touch with your body can be very helpful. Herbal medicine also has its place as a supportive treatment to help optimise the chances of becoming pregnant.

The menopause can be a very challenging time for women both physically and emotionally. However as a transitional time in your life it can be an opportunity to embrace positive change as well. Renuka will support you through this time with massage, herbal preparations and visualisation techniques. Many of the more distressing symptoms such as hot flushes, poor sleep, headaches, fatigue and mood swings can respond very well to these treatments.

