

## EMMETT Therapy

EMMETT is a pressure point treatment that releases tight muscles and tones up loose muscles. Used in Australia for many years Ross Emmett only began teaching in 2007 and this therapy is now in over 35 countries.

Specific points on the muscles are held which then re-sets the muscle. It is deeply relaxing and you may feel as though you have had a massage after this treatment!

As well as muscles there is a lymphatic treatment to aid lymphatic circulation, moves to deeply relax the whole body and muscle holds (not invasive) to address problems following childbirth.

This treatment can be received over clothes or incorporated into massage or other treatments.

### May help:

- \*Whiplash
- \*Sciatica
- \*Migraine
- \*Anxiety
- \*Back Pain
- \*Shoulder pain
- \*Poor Balance
- \*Restricted Neck Movement
- \*Aches and pains

And many more...

Zena Hayward has been a therapist in the Great Yarmouth area since 1994. Clients have ranged in age from newborn to in their 90's. Please go to my website and view the testimonials from clients. **5\* rating on Google.**

Sub contracted to NCC Adult Social Services for 8 years providing therapies in service users homes, my experience is wide ranging and includes clients with disabilities.

Practitioner Certificates held in :-

Reflexology  
Maternity Reflexology  
Swedish Massage  
No Hands Massage (2 years advanced)  
Sports /Deep Tissue massage  
Chair Massage  
Aromatherapy  
Reiki I ,II & III  
Indian Head Massage  
Practical Shiatsu  
Emmett Therapy (Advanced practitioner)  
Cosmic (chi gung) healing I & II

Contact me now on:

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**PRICES: Current price list on website**

GIFT VOUCHERS AVAILABLE  
Treatments in Scratby. 5 miles north  
of Great Yarmouth

## Zena Hayward Therapies

“I feel taller and much  
looser” KS



**MASSAGE  
AROMATHERAPY  
REFLEXOLOGY  
EMMETT THERAPY  
HEALING**

**01493 732395**

**www.zenahaywardtherapies.co.uk**

**0751 455 8008**

## Reflexology

**“My feet have gained from reflexology and my backache is gone” JG**



Lie back and have an hour of blissful foot massage. Deeply relaxing your stress levels fall like a stone improving your health and vitality.

This is a holistic session that aims to balance your mind, body and soul. Healing energy is channelled through my hands during the session and many clients feel a heaviness falling away during their treatment.

My training is extensive and includes specialist graduate training in **Maternity Reflexology** for pregnant mums and babies.



Reflexology treatment pressure can be adapted to your preferred depth as I am trained in multiple techniques.

## Aromatherapy

Aromatherapy is massage using essential oils extracted from plants. They have been shown to have a beneficial effect on their own, for example being anti-viral or muscle relaxant.

Aromatherapy oils are included in the price of the massage. I will ask if you would like plain massage oil or aromatherapy.

You can choose to have oils made specially for you or have one of my own blends.

## Massage

**I have more movement in my arm and my legs feel alive!” JW**

Treat yourself to a hour of me time with a massage to release, relax and rejuvenate.

Massage has been shown to help many different needs.

Whether you need a deep massage to release tight knots, a massage to loosen up your joints or a deeply relaxing massage to reduce stress you will be in very good hands.

Zena holds **7 advanced massage certificates** and can adapt both depth and speed of treatments according to your needs on the day.

Structural massage—To open up the joints

Deep tissue—To really ‘feel’ the massage

Nurturing—To feel safe and cared for

Adapt—To have deeper here, more relaxing there...



Aromatherapy—Gentle massage with aromatic essential oils.

## Healing

Energy healing or laying on of hands is an ancient healing method common to all cultures around the globe. Your session is tailored to relax and empower you .

You can choose hands on (or hands off!) healing. This is a deeply relaxing session ideal for those who enjoy a more spiritual therapy and like to ‘lay back’ and receive.

During healing sessions I typically adapt the methods to suit the person receiving. All you need to do is lie back and relax.

