

NELSONS
HOMEOPATHIC
PHARMACY
CLINIC

RANGE OF THERAPIES

Welcome to Nelsons Homeopathic Pharmacy Clinic, a tranquil space in the heart of London. We offer one to one consultations with our reputable practitioners, whose expertise covers a wide range of complementary therapies.

Please call the clinic on 020 7079 1282 for further details and for appointments, or to enquire about treatment courses that are available.

Homeopathy

Homeopathy is an effective form of medicine that stimulates the body's own healing mechanisms, helping the body heal itself. This medical system was developed by a German doctor, Samuel Hahnemann, in 1796 and has been used worldwide ever since.

Homeopathy is based on the principle that 'like cures like', ie a substance which causes symptoms when given in large doses can be used in minute amounts to treat those same symptoms.

Homeopathy recognises the importance of considering the individual as a whole. During your consultation the homeopath will therefore look at all aspects of your health including your medical history, lifestyle and personality type, as well as current health problems. This information is used to select a homeopathic prescription tailored to suit your individual case.

The team of homeopaths at Nelsons Homeopathic Pharmacy Clinic has been hand-picked to ensure that we offer the very best in homeopathic medicine.

Mother and baby consultations are also available.

Registered Homeopath

Initial consultation	1 hour	£95.00
Follow up consultations	30 minutes	£65.00

Medical Homeopath

Initial consultation	1 hour	£110.00
Follow up consultations	30 minutes	£65.00

Holistic Health Consultant

Initial consultation	1 hour	£110.00
Follow up consultations	30 minutes	£65.00

Bach Flower Essences

A gentle and effective form of therapy founded by Dr Edward Bach in the 1930s. The remedies embody the essence of the healing qualities of the plant. They take effect by treating the individual as a whole, rather than a particular disease or symptoms. They work by addressing the emotional state of the person and any physical symptoms which may have manifested as a result of that state.

Initial consultation	1 hour	£60.00
Follow up consultations	45 minutes	£50.00

Doula Birth Companion

A birth doula is a trained labour companion providing the woman and her partner with emotional and physical support during pregnancy, the entire labour and delivery process, and during the initial post natal period. Homeopathic knowledge is combined with experience as a mother and as doula.

Initial consultation	90 minutes	£95.00
Follow up consultations	1 hour	£75.00

Food Sensitivity and Health Balancing

EAV testing with the MSA21 provides a fast and non-invasive means of identifying health imbalances such as those caused by:

- food intolerances and sensitivities
- vitamin and mineral deficiencies
- environmental allergies (including problems generated by mobile phones)
- hormonal imbalances

Working with the equipment, imbalances are corrected and the body returned to optimum health. This work is backed up by detailed nutritional advice.

Please ask for further price details on each treatment.



Nutrition

One to one nutrition consultations are offered for those looking to address specific health conditions with a nutritional approach. It may be a specific health concern such as digestive discomfort, hormonal imbalance or stress, or you may simply wish to boost your health and vitality.

Due to the holistic nature of the therapy, advice may involve not only changes in diet and supplementation with nutraceutical and homeopathic products, but possibly how to create an environment that supports a healthy lifestyle.

Initial consultation	1 hour	£125.00
Follow up consultations	45 minutes	£85.00

Acupuncture

Fine needles gently restore the body's flow of energy, reduce pain and help maintain good health. Many conditions respond well to acupuncture. Fertility and back pain are two of the many conditions that have been shown to benefit from this treatment.

Initial consultation	1 hour	£68.00
Follow up consultations	45 minutes	£60.00

Tuina Massage

Chinese massage utilising finger and elbow pressure, grasping, stretching, rolling, kneading and rubbing to stimulate the body. Tuina applies acupuncture principles to treatment without the needles.

Initial consultation and treatment	1 hour	£60.00
Tuina Acutes	35 minutes	£35.00

Osteopathy

Osteopathy is a system of diagnosis and manual treatment centred on improving the structural integrity of the whole body. Osteopathic treatment addresses all acute and chronic musculoskeletal problems including back, neck, head and joint pain, trapped nerves and sinusitis. A treatment provides rapid relief from pain, swelling and stiffness and improves mobility. Structural and cranial osteopathy are available enabling safe and effective treatment for everyone from newborns to the elderly.

Initial consultation	1 hour	£75.00
Follow up consultations	45 minutes	£60.00

Sports Therapy and Deep Tissue Massage

These are western approaches to physical therapy involving specific manipulation techniques on the soft tissue of the body. The aim is to release tension, aches and pains in the musculoskeletal system as well as to address underlying muscular imbalances and skeletal dysfunctions, which may be caused by active sport, passive sedentary lifestyle or emotional stresses.

Treatment session	1 hour	£75.00
Treatment session	90 minutes	£95.00
Acutes	30 minutes	£40.00



Massage

Swedish Massage – stimulating and energising.

Holistic Massage – relaxing, relieves muscular tension, stress, stimulates and strengthens the immune system.

Indian Head Massage – releases tension from the tight muscles in the head, neck and shoulders, effective in treating insomnia, mental fatigue and lack of concentration.

Thermal Auricular Therapy/Hopi Earcandling – helps alleviate tinnitus, compacted ear wax and glue ear; sore throats, headaches/migraines, sinusitis and rhinitis, catarrh and asthma.

Thermal Stone Therapy – stimulates the body, the alternate temperatures produce sedative and energising responses to the body, leaving you feeling relaxed and refreshed.

Aromatherapy – combines the art and science of using essential oils to enhance wellbeing, reduce stress and help rejuvenate the human body.

Please ask for further price details on each treatment.

Organic Beauty Therapy

Customised beauty treatments tailored to your individual needs. With over ten years' experience in the beauty industry, our therapist has created a range of specialised treatments, which use only the purest professional organic skincare products, from relaxing pressure point facial rejuvenation, to skin peels. These treatments address all skin concerns and deliver results-oriented clinical therapies the most natural way. Bespoke organic facials are most sought after by those concerned not only about appearance and anti-ageing, but all over wellbeing.

A wide range of treatments is available, please ask for further price details on each treatment.

Dr Hauschka Rhythmic Treatments

The Dr Hauschka Rhythmic Treatments use a holistic approach to support the skin's inherent ability to regulate and heal itself, stimulating the lymph with rhythmic massage techniques that cleanse internally as the products cleanse externally. Using only the Dr Hauschka Skincare products, the treatments are restoring, harmonising experiences.

A wide range of treatments is available, please ask for further price details on each treatment.

Yoga Therapy

Yoga therapy is ideal if you are seeking yoga practice that is tailored to accommodate your specific needs (either for a certain health challenge or simply to maintain and improve overall wellbeing). The yoga session is practised in a quiet and private setting, guiding you through your own individual programme.

First appointment includes free introductory 15 minute consultation plus 1 hour session	£65.00
Follow up consultations	1 hour £65.00
Package of 3 sessions (paid in advance)	1 hour each £180.00

The FM Alexander Technique

The course of one to one lessons gives life-long results. With quiet, thoughtful support you learn to recover balance and poise, prevent unnecessary tension and improve back, joint and vocal conditions.

Initial consultation	1 hour	£75.00
Follow up consultations	30 minutes	£55.00

Courses are also available – please ask for more details.



One of the many treatment rooms available in the clinic for one to one consultations.



Nelsons Clinic offers a relaxed environment for meetings, catering for seminars, lectures and workshops. Facilities include a seminar room for up to 40 people, smaller, more personal rooms and a meeting room (pictured) for up to eight people.



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WWW.NELSONSHOMEOPATHY.COM

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