

August 2020  
NEWSLETTER

# HELEN COOPER

## BOWEN THERAPY & HOLISTIC HEALING

Hands-On Clinic Re-Open!

### AND I'M BACK!

I have to admit I was nervous! There was a LOT to organise.

But I had some great support and advice from my professional associations and also the various therapist groups to which I belong. We all worked together, sharing our experiences and expertise to find the safest and most efficient ways of working.

A huge THANK YOU to all of my amazing clients who have embraced the changes and have been incredibly supportive.



I am pleased to report that everything is going really well.

My hands can still remember how to do all the right moves, and people are walking out the door happier, healthier and in less pain.

### SOME OF THE COMMENTS I HAVE RECEIVED:

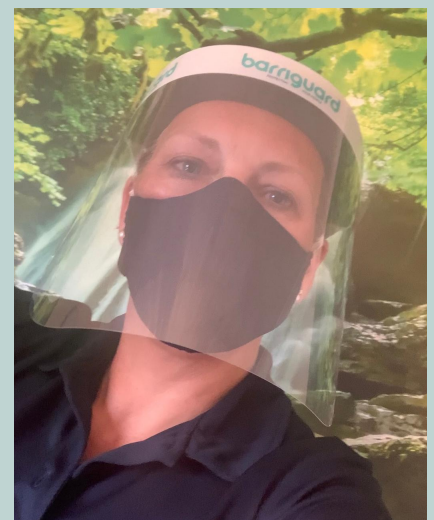
"The most incredible difference after just three sessions! All aches, pains & stiffness that were distracting me from work/sleep are now gone! I feel so much more free and comfortable - Helen is fab and I would recommend her to anyone"

"I'm pain free after 3 sessions... I can't remember the last time I didn't hurt, I can't thank you enough for what you have done for me so far"

## DESIGNER PPE?

Personal Protective Equipment (PPE) is one obvious big change to the way we have to work. I am strongly against single use plastic so I have thought very hard about what is best for your safety AND the planet. Wherever possible I am therefore sourcing reusable items. I have a new uniform which is changed between every client. Fleeces, cotton base sheets and face hole coverings, all washed at high temperatures. I do have to use paper couch roll to line the face hole and plastic gloves for massaging.

I tried a few different face masks but the best one I've found have been made for me by one of my clients. Heather recently graduated with a First from a Fashion Atelier Degree and is a highly skilled garment designer. The masks she has made me are to my specification and are of the highest quality. She sourced close weave navy cotton which is washing extremely well at high temperatures, and she has made the fit perfect for my rather large nose! I believe she has moved onto bigger and better projects but can still be persuaded to make high quality masks if you are in need.



## HAND SAVERS:

As you can imagine, my hands are getting a bit of a battering with all the hand washing and cleaning!

For many years I've been conscious about the toxins we can take into our skin so I only use high quality, natural, organic products. They may cost a bit more, but you use much less than with petrochemical based products. These Neal's Yard hand sanitisers, wash and cream contain highly active and fabulous smelling essential oils.

I love their products so much that I've become an independent consultant for them now so I have these in stock.

See photo competition on Page 4!





## NEW EXCITING TRAINING:

### HYPNOTHERAPY

After completing my Level 2 Counselling training during the lockdown period I decided that the 'talking' side of my therapy business was an area I wanted to expand.

A trusted therapy colleague of mine introduced me to Sharon Waxkirsh who is one of the world's top hypnotherapy experts. Luckily she was just starting a new programme, which I joined straight away, and I have been training now for just over a month.

It is absolutely fascinating! Sharon's knowledge and enthusiasm is impressive and the course is going to be life changing.

She has the most incredible contacts who are joining her in training us! We have already been trained by Jonathan Kemp in his innovative note taking system called "Smart Wisdom", but the highlight of our training so far was three hours of live training from Michael Mezma, world renowned hypnotherapist to the stars, and one of the nicest people you could meet.

It will take about a year for me to become a fully qualified hypnotherapist, however, I hope to commence working with clients later this year as part of my ongoing development.

I will keep you updated as to when you can book sessions with me!

## MCCLOUGHLIN SCAR TISSUE RELEASE (MSTR)

I actually undertook this fascinating training before lockdown commenced.

I have now undertaken the case studies required but have yet to submit them for approval. I am hoping to get them written up and submitted over the next couple of weeks, so that I can offer this amazing therapy in my clinic soon.

The case studies I undertook have shown incredible results and I cannot wait to be able to add this treatment to my range of therapies.

Scar tissue can cause a wide range of issues in the body, both physiological and psychological. Scars we can work on include:

- Caesarean scars
- Hysterectomy scars
- Surgery scars
- Wound or accident scars
- Amputation scars
- Underlying scar tissue

"This works and works fast"

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\*Photo competition below\*

# LET'S GET PERSONAL:

I've really been enjoying walking in the countryside this past few weeks. The hedgerows are laden with berries and fruit, and the skies have been magnificent. My healing abilities seem to increase the more time I spend in nature, grounding with bare feet on grass or in the sea, or wandering through leafy forests.

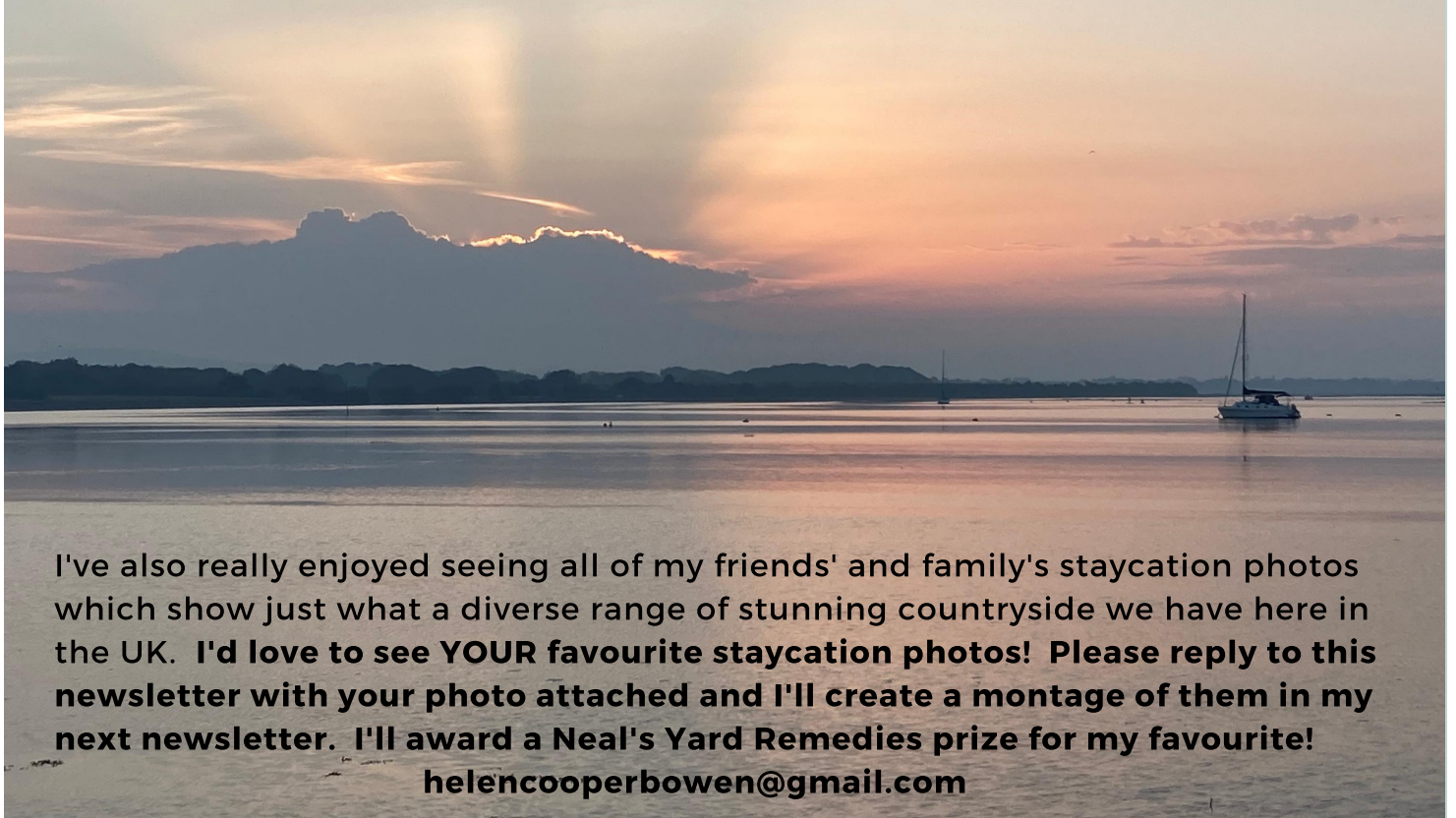
My fitness levels are gradually improving post lockdown as I continue to undertake more time in my favourite sports and pastimes.

A few weeks ago I managed to get up early enough for a dawn paddle to watch the sunrise over Langstone Harbour and was greeted by the most beautiful view (my photo below). The water was glasslike and the air still and warm.

I'm enjoying playing more tennis now and am slowly getting back to a reasonable standard. As with many things in life, the more fun it is the better I seem to play.

Yoga has been a great way to release the tension of body and mind and I've managed to keep up my twice weekly practice. My balance is definitely getting better through a mixture of this and the paddle boarding!

I must admit I'm missing my summer fix of activity holidays to the med where I normally crash around badly on a windsurf, but I feel incredibly lucky to live in this beautiful part of Hampshire where we have hills, rivers, forests and the sea.



I've also really enjoyed seeing all of my friends' and family's staycation photos which show just what a diverse range of stunning countryside we have here in the UK. I'd love to see **YOUR favourite staycation photos!** Please reply to this newsletter with your photo attached and I'll create a montage of them in my next newsletter. I'll award a Neal's Yard Remedies prize for my favourite!

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