Drinking, stretching and breaking for a long career in massage

If you are looking for tips on how to have a long career as a massage therapist, you couldn't do better than ask Kate Codrington who is celebrating 20 years of working as a massage therapist this year. The most massages Kate has ever completed was 80 people over two days for The Aspire Company's 'Women in Leadership' trainings.

How did she sustain focus for this on-site massage marathon? "Stretching, staying hydrated and taking micro-breaks when I needed to; simple things which all therapists do as part of their self-care".

To celebrate her achievement, Kate has made a series of short You Tube films revealing insider knowledge from her years of experience. If you want to know more about her Biodynamic and pregnancy work, you can find out in her series '10 Amazing Things You Never Knew About Massage'.

Kate commented "If I keep stretching and taking breaks when I need to, I could keep going for another 20 years!".

You can watch Kate's videos by searching for Kate Codrington on You Tube
https://www.youtube.com/channel/UC4E7C4XOZVBgJsKp3_T1dMA

Bowen therapist Helen wins worldwide recognition

Complementary therapist Helen Perkins has qualified as a registered Bowtech Instructor, one of only 100 people worldwide allowed to teach the original Bowen Technique (known as Bowtech) as devised by the founder Tom Bowen.

After three years of intensive training and study, Helen was presented on Sunday (July 7th) with her Bowtech accreditation at the annual general meeting of the UK Bowen Association, one of only two UK therapists to achieve this prestigious accolade so far this year.

"It's humbling to be one of just 100 instructors worldwide who remain true to the original Bowen Technique and I feel privileged to have this opportunity of teaching the next generation of Bowen therapists," said Helen, who sees it as an exciting new stage of her professional life. Helen plans to go straight into her new role by running introductory sessions and a beginners' module in Peterborough later this year.

Full details will be available shortly on www.helenperkins.com

Coolherbals Awards

On Sunday 8th September hundreds of individuals and key figures from the health and beauty industry descended on The Grand Connaught Rooms, London for the annual Coolherbals Awards hosted by Channel 5 TV presenter Helen Shepphard. Invited guests and nominees who attended were treated to a drinks reception, live entertainment and a sumptuous dinner following the glittering awards ceremony.

Winners of the Coolherbals British Beauty Awards were:

Salon of the Year: Beauty @ Anjus, Gants Hill

Innovative Salon of the Year: La Chic, Clayhall

Most Innovative Salon: Cove Spa, Watford

Business Person of the Year: Attia Iqbal, Loughton

Business Associate of the Year: Gympohobics, Watford

Beauty Therapist of the Year: Amrut Manji, Stanmore

Hair Stylist of the Year: Gurpal Bains, Slough

"The awards are specifically to recognise and celebrate the dedication and achievement of those in our community." shared Ravi Bhanot, co-founder of the awards and Coolherbals brand.

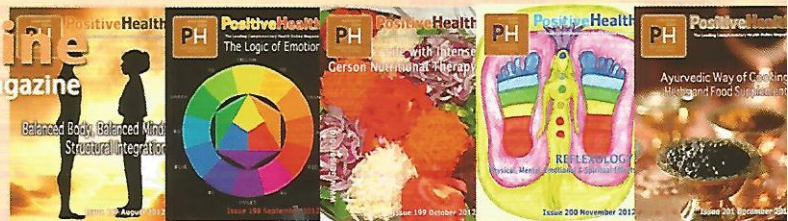
www.coolherbals.com

Calendar of Events

5–6 October 2013
Camexpo • Earls Court, London
The UK's only dedicated professional holistic event – is an essential diary date for massage therapists and bodywork professionals looking to stay up-to-date with all the latest research and product developments for their clients.
www.camexpo.co.uk

25, 26 & 27 October 2013
Mind Body Soul • Olympia, London
The Mind Body Soul Experience not only brings these elements together, but adds a splash if excitement, a dousing of entertainment and more than a fair share of pampering. Covering complementary health, spiritual awareness and personal development, the show is the largest of its type in the UK.
www.mbsevents.co.uk

25, 26 & 27 October 2013
OM YOGA Show • Olympia, London
With the rise in popularity of hot yoga OM Yoga show are delighted to offer Hot Pod Yoga. A full schedule of hot vinyasa yoga is available in the pop up inflatable studio which is heated to 37 degrees.

The more adventurous will want to try out the Yoga Swings. With flying yoga and inversion, see how you can reach new heights in your Yoga practice.
www.omyogashow.com

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