

# a safe space to slow down, breathe and feel cared for

Gentle aromatherapy massage,  
tailored to you.

My name is Nic and I support people experiencing stress, illness or simply needing time to rest. Every treatment is adjusted to what you need that day, with carefully selected essential oils to support relaxation and wellbeing

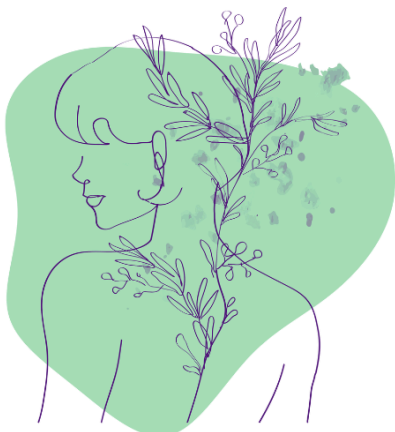
If you're wondering if I could help you or someone you love, I'd be very happy to chat.



## *helping you to find calm, comfort and better sleep*

### **Could aromatherapy massage help you?**

- ✓ Feeling stressed or anxious
- ✓ Sleeping poorly
- ✓ Living with a long term health issue, injury or pain
- ✓ Caring for someone else
- ✓ Living with cancer or recovering from treatment
- ✓ Simply needing time to rest and recharge



**Aromatherapist**  
**Certified Oncology Massage Therapist**  
**Experienced in Palliative Care**  
Treatment rooms in Kingsholm and Highnam  
Home visits available

**Call 07936 382034**  
nicmoorey.co.uk IG @nicmooreywellbeing

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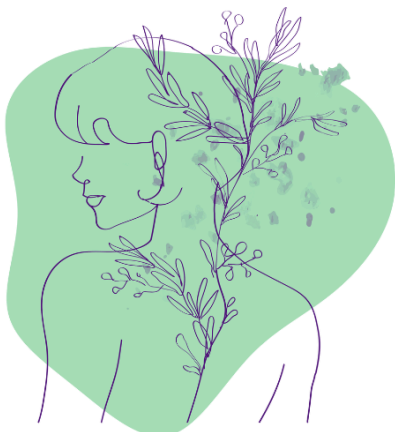
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