

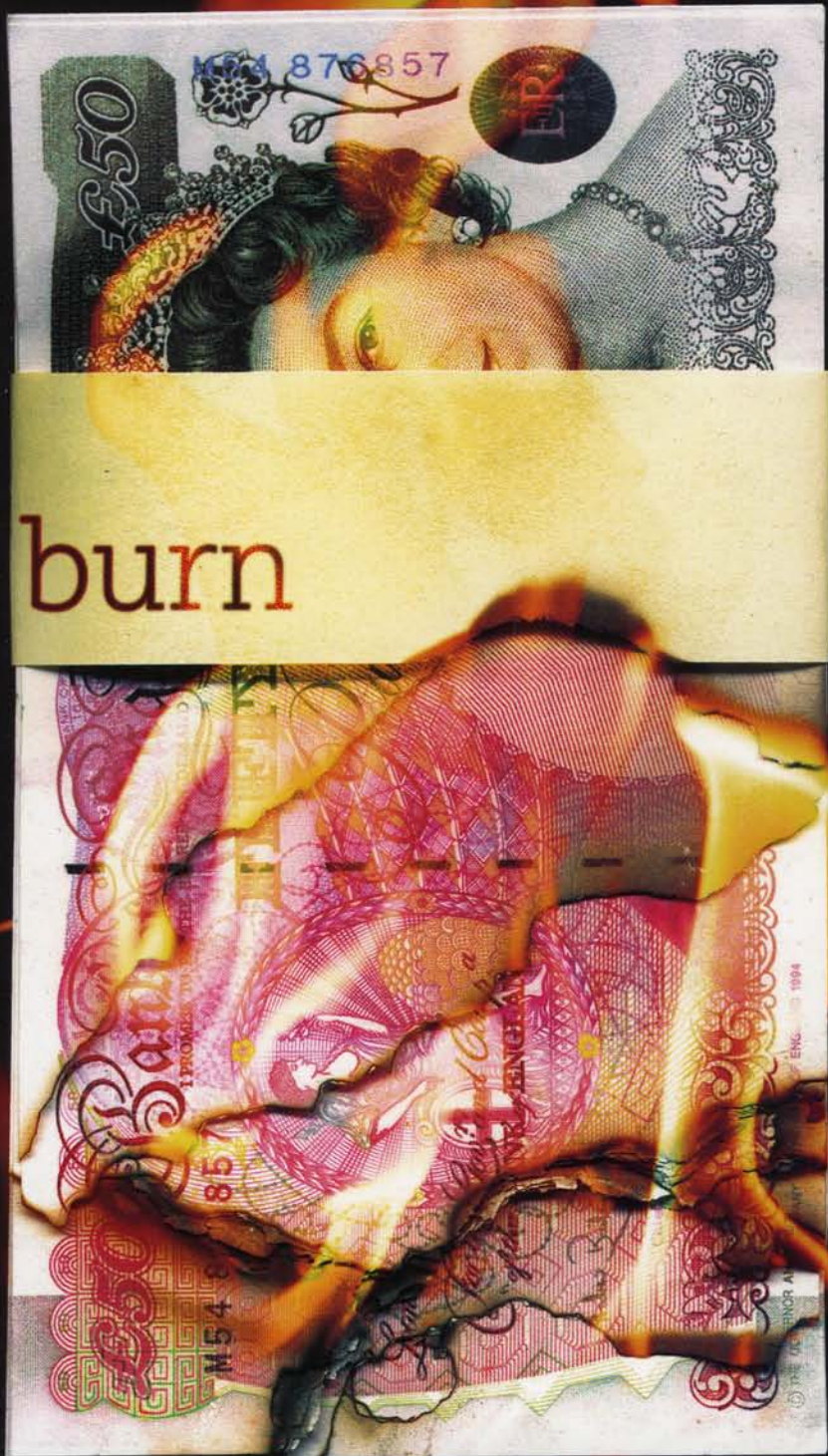
insight

Money to burn

Groove Armada

Cinecity

Coming to a screen near you





Feel great for less

There are plenty of expensive treatments available in Brighton, but there are ways to get pampered even if money is tight. Susie Perry reveals some budget alternatives.

If you're in need of a little pampering but can't afford to treat yourself to a luxury spa experience, then there's no need to go without. One way to get truly great treatments without breaking the bank is to volunteer to be a client for a student therapist. In much the same way that hair salons offer discounted haircuts with trainees, all these sessions are done under the guidance of a highly qualified and experienced tutor and the resulting treatments will be just as good.

The Wilbury Massage School often requires volunteers for exam days and they run numerous courses including sports massage, aromatherapy massage, Swedish massage, reflexology and kinesiology. So if you want a free treatment then all you need to do is give them a call and get yourself onto their Exam Body Register. They will contact you when they have an available space, provided you are a suitable candidate.

Contact the Wilbury School of Massage on Dyke Road on Tel: 01273 552766.

The College of Naturopathic Medicine regularly needs clients for their Brighton student clinic. Naturopathic nutrition involves improving your health by changing your diet. In a session you will be asked lots of questions about your current health symptoms and general health.

Your food habits and relationship with food will be assessed and you will go away with plenty of advice and tips on 'how and what' to change in your diet and lifestyle to help improve your health. Sessions cost just £15. Contact Jac at the CNM Clinic on Tel: 07967 534695.



Susie Perry specializes in weight loss and female health. For advice or to book an appointment, call 01273 239431 or email susie@smartnutrition.co.uk

Therapies explained

Life coaching

Life coaching helps you undergo self development, enabling you to realise your personal goals and achieve dynamic change. Life coaching isn't 'therapy' in the traditional sense, so it doesn't focus on addressing any of your psychological, relationship or behavioural problems.

But life coaching is a one-to-one experience and your coach will help you discover where and what your life imbalances are – whether they are health, spiritual, work, finances, family, relaxation or social. Once identified, you are given tasks or solutions that help restore balance in each of these areas of life, so that you should feel more fulfilled on every level.

Life coaching can also be used for specific goals. Checking in regularly helps you stay motivated and your life coach will offer support, guidance and objective assessment to help you through any materialised factors that are preventing you from achieving your goal.

As with all 'therapies', to be really effective you need to be open and honest and commit to any agreements made between you and your life coach in each of your sessions. The cost varies greatly so consult several before you make a decision and check that you are both compatible.

To find a reputable life coach, visit www.coachfederation.org