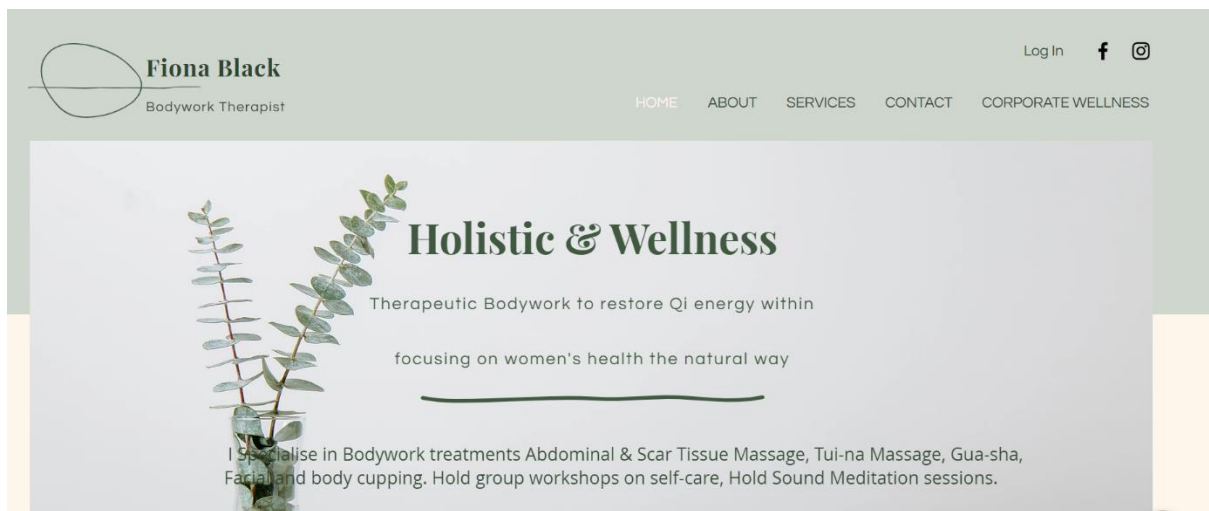


HOME PAGE



Holistic & Wellness

Therapeutic Bodywork to restore Qi energy within.

Focusing on women's health the natural way.

I specialise in Bodywork treatments, Abdominal & Scar Tissue Massage, Tui-na Massage, Gua-sha, Facial and body cupping. Hold group workshops on self-care and Sound Meditation sessions.

Support lifestyle changes for the Third Age woman through emotional and hormonal imbalance.

ABOUT

Fiona Black
Bodywork Therapist



Welcome to the Holistic Wellness site for women. For many years, Fiona has been following her passion within wellness and health. She originally trained and worked as a dental nurse and loved working to help others but felt something was missing in the medical treatment – a disconnection within body mind and spirit. Fiona found herself drawn to Holistic Wellness and for the past 23 years she has been training in different modalities from Swedish Massage, Thai Massage, Tuina Therapy to Qigong instruction, Sound Therapy and Aestheticism.

While studying Tui-na, Fiona was drawn to eastern philosophy, learning to understand the energetic body through Qigong and Madeiran channels and how we heal our body through self-care and education. As a woman, she has gone through her own journey. Finding herself unable to conceive, and subsequently undergoing partial hysterectomy surgery, Fiona recovered quickly, embracing life again and taking the blessing that she is lucky to live what she loves to do, helping other women. Now in the Third Stage of her life, Peri-Menopause, Fiona is using this time to learn and deeper understanding of hormone imbalance and how we can control the side effects of hot flushes, night sweats and generally

using a more holistic approach to wellness in this Third Age. Fiona's latest endeavours include qualifying as a Sound Therapist, using sound as a medium for meditation to reduce stress and creating a healing space for self-discovery.

ABOUT PAGE

MY BACKGROUND

Bodywork is a therapeutic technique that involves working with the body-mind connection. Fiona is a qualified practitioner, holding diplomas in Tui-na Therapy, Qigong and Thai Massage.



MY APPROACH

By looking at our whole body system, our Qi energy (Mind, Body & Spirit), we can restore harmony and bring our system back into balance. Bespoke treatments are used to suit each person's needs and to help introduce self-care to individual daily routines.

Focusing on women's health, Abdominal Massage, Qigong and Sound Therapy are used to connect to our body, to reduce lower back pain from scar tissue, to help with painful menstrual cycles, and to counteract hormone imbalance in the Third Age woman.

CORPORATE WELLNESS PAGE

Onsite Tui-na Massage. 20 Minute Treatment.



Balance Abdominal Massage

Natural Healing for hormone imbalance

1 hr
CHF110

[Book Now](#)



Abdominal Scar Tissue Massage

Restore

45 min
CHF80

[Book Now](#)



Tuina Massage Therapy

An Ancient Science

1 hr
CHF110

[Book Now](#)

Tui-na is primarily used to treat specific problems rather than just for relaxation. Conditions treated include work-related physical and mental stress, such as tension in the shoulders, poor posture,

headache, shoulder and lower back pain. A Tui-na treatment incorporates massage and acupuncture of pressure points to stimulate blood flow, improve energy and reduce stress. This is a non-invasive massage, treatment is carried out with clothes on. Clients note strong benefits even from such a short treatment of only 20 minutes.