

# Would you like to **LOOK AND FEEL GOOD?**

THEN COME TO THE

## **HEALTH, BEAUTY & WELLBEING EXHIBITION**

**AT THE CORNERSTONE METHODIST CHURCH, WORTHING**

**ON SUNDAY 4 DECEMBER, 10am-5pm**

**WITH STYLING, HOLISTIC AND MEDICAL TASTER SESSIONS**

Alex Vrettos, *Hypnosis for personal change*

Ann Lawder, *Mobile Image Consultant and  
Massage Therapist*

Andrea Hughes, *Medical Herbalist*

Ashley Mills, *Scentsy UK, Fragrance warmers and accessories*

Caroline Whitaker, *Arriba Wellness Clubs*

Future Focus, *Hypnotherapist, Innovative Weight Loss  
and Mental Wellbeing*

Hummingbird Healing Room, *Healing and Retreats*

John Shepherd, *Reiki Practitioner*

Jude Dickinson, *Animal Healer, Communicator and  
Pet Behaviourist (bring pet photo)*

Kim Billingham, *Bowen Technique Practitioner*

Lesley Gurney, *Genuine Gemstones, Handmade Jewellery  
in 925 silver*

Linda Belcher, *Kinesiology, Reflexology, Bach Flowers  
and Facial Rejuvenation*

Mary Chase Hopkins, *Quantumwave Laser Therapist*

Matt Woods and Fiona de Leij, *Shiatsu Practitioners  
and Teachers*

Mellow Skincare, *Handmade natural skincare products  
and toiletries*

Neal's Yard Organics, *Award Winning Organic Skincare*

Pamela Collie, *Better Balance with Bowen Therapy*

Paul O'Neill, *Forever Living Products, Aloe Vera health  
and wellbeing*

Phoenix Trading, *Cards, Gift Wrap and Stationery*

Sandra Crathern, *Health Coach*

Steve Griffiths, *Psychotherapy, Hypnotherapy  
and Hypnobirthing*

Susan Munn, *Reiki Practitioner*

Temple Spa, *Skincare and Spa products*

Xtreme Minds, *Personal transformation, coaching,  
training and events*

**ADMISSION £2**

**FREE GOODY BAGS WHILE STOCKS LAST**

**Refreshments and Snacks available**

**Prizes from Burt's Bees, Guerlain,  
ESPA International, Green People and more**

BROUGHT TO YOU BY

 *Ann Lawder  
Personal Styling*

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**She's looking  
and feeling  
confident**

*and so can you!*

You will look fabulous after  
a Colour Analysis, Make up  
and Style Makeover from



*Ann Lawder  
Personal Styling*



Diana after styling

Contact Ann, a qualified mobile complementary therapist  
and image consultant who does one-to-one, group talks,  
demos, workshops and "Girls Nights In" parties.

**15% Discount on Facials, Indian Head  
Massage and Hopi Ear Candling in  
December.**

Go to [www.annlawder.co.uk](http://www.annlawder.co.uk) for latest news and offers.

**Gift Vouchers available**



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(Worthing)



*Ann Lawder*