



Unlike Thailand, which is still in its rainy season and experiencing extreme humidity, we in Britain are transforming into autumn after a somewhat dubious summer. It is a time when nights are slowly drawing in, leaves are falling from the trees and time is more focused on achieving work goals after lazy summer days. Finding time for yourself is, as always, difficult especially if you have family and work commitments, but even a little time spent on yourself can make the world of difference. Here at Thai Wellbeing we have numerous treatments available to help make you feel a little more polished, balanced or revived.

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There is no need to embark on a major diet after the summer. Small changes like regular exercise, drinking plenty of water and eating nuts and seeds can help make a difference. Pumpkin seeds contain potassium and vitamin A and are plentiful at this time of year.



Did You Know...

The largest pumpkin ever grown weighed 1,140 pounds

Pumpkins are 90% water

Pumpkins can vary in colour from white to yellow to orange



Eyes are said to be the window to your soul and framing those windows are the eyebrows. There are many ways to keep them neat and tidy. Threading is an ancient manual technique, popular in many Arabic and Asian countries, that involves the use of a long twisted loop of thread rotated rapidly across the skin. By maneuvering the twisted string, hairs are trapped within the tight entwined coils and are pulled out, using even more pressure. This avoids breakage and enables rows of stray hair to be pulled out at one time. Threading is mainly used to remove unwanted facial hair, although it can be used in any region of the body. The thread is held between the mouth and the left hand. The middle is looped through the index and middle fingers of the

Reiki (pronounced ray-key) is the name given to a system of natural healing which evolved in Japan. The word means Universal Life Energy, energy which is all around us. The method of receiving a Reiki treatment from a practitioner is a very simple process. The recipient simply lies on a couch and relaxes. There is no need to remove any clothing as Reiki will pass through anything, even plaster casts. The practitioner gently places their hands non-intrusively in a sequence of positions covering the whole body. The whole person is treated rather than specific symptoms. A full treatment usually takes an hour with each position held for several minutes. It is possible to heal at any level of being: physical, mental, emotional or spiritual. The practitioner is a channel which the energy is drawn through by the need or imbalance in the recipient. Neither person has to use any effort of will or concentration during this process. Reiki flows to the areas of need, soothing pain and supporting the body's natural ability to heal itself, restoring balance.

Reiki sessions cost £30 and last an hour



Botox clinics are held at Thai Wellbeing on the first Thursday of every month with our resident Doctor Rupee Hayes

Botox is a non-surgical cosmetic treatment for moderate to severe frown lines. It is quick and easy to administer. Treatment can be done during a lunch hour and results are immediate lasting between three- six months.

right hand. The loop is then used to trap a series of unwanted hairs from the skin pulling them out with an even pressure avoiding

breakage. It is an inexpensive, fast, neat, and less painful method of hair removal.

Threading costs £12.50 at Thai Wellbeing