

Exeter and
South Molton

Lisa Tate Therapies

Pregnancy and Post Natal Massage

- Reduce back pain
- Ease swollen ankles
- Reduce pregnancy complications
- Reduce post natal depression
- Safe and gentle
- Improve sleep
- Improve mood
- Increase foetal growth
- Shorten labour time
- Natural oils



**£5 off a treatment
with this leaflet**

Exeter Natural Health Centre

Call 01769 581020 / 07561 519344 for appointments

Turning Point Clinic, South Molton, North Devon

Call 01769 574833 for appointments

Lisa Tate is an experienced massage therapist, registered with the Federation of Holistic Therapists and the British Complementary Medicine Association. She also holds a Post Graduate Diploma specialising in pregnancy, labour and post-natal massage, accredited by the Association of Physical and Natural Therapists.

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