



## Positive Steps to Better Health

### BHI Complementary Therapy Service

for all sections of the community  
at BHI Office 231-235 Chapeltown Road  
Free to people living  
through and beyond cancer

Saturday's 10am – 1pm  
Thursday's 10am - 4pm  
Wednesday's 4pm - 7pm

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Swedish Body Massage £15 – Ideal for all over relaxation. Can be administered to the whole body or the back area only

Aromatherapy Massage £15 – Harmonises and rejuvenates mind and body through deeper penetration of muscles and inhalation of essential oils

Reiki £15 – A non invasive therapy using natural energy flow to create a good sense of health and well being

Thai Hand & Foot Massage £15– Focuses on the legs and thighs using acupressure

Reflexology £15 – Applied to the feet, hands and ears

Ear Candling £15 – Warm air channelled into the ear canal aids with clearing toxins built up through diet and stress



Telephone: 0113 3070300  
[www.blackhealthinitiative.org](http://www.blackhealthinitiative.org)



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