

Richard Marfell & Kieran O'Leary

Personal Trainers

www.thegymatcarswell.co.uk

Specialists in Weight Loss and Toning.

Working with people in their own homes or in the unusual setting of a thatched gym with private studio. We use the latest fitness tools to get results quickly. One-2-one sessions, small groups, sports massages & postural assessments.

Penny Catt

Forever Living Products and Massage Therapist

www.pennycatt.co.uk/store & www.oxford-massage.co.uk

Aloe Vera products for health & wellbeing. Look after your health with the exceptional products from Forever Living made with the finest ingredients. Find out about the benefits of our health drinks, dietary supplements & skincare products. Demonstrations & testers of facial products, & seated shoulder massages throughout the day.

Caroline Peyton

Neal's Yard Remedies

uk.nyrorganic.com/shop/caroline_10

www.peytonprinciples.com

A family-owned British company, their award-winning ethical, scientifically formulated, certified organic products - the largest in the UK - is made in their eco-factory in Dorset with sustainably sourced & home grown certified organic ingredients.

Patricia Anson

Chiropodist

Pedilicious

Promoting a comprehensive range of foot care treatments

Hilary Hakim

Marvellous Magnetic Jewellery

Beneficial for arthritis, migraine, any form of pain, energy stress, insomnia, blood pressure & many other ailments.

And it really works!"

Matt Pepper

Homeopathic Practitioner

With clinics in Harley Street & Oxfordshire, I have 14 years Homeopathic experience helping people with both short and long standing health conditions, using safe / non toxic medicines. Also see people wanting to reduce stress level naturally & get more from their lives.



FALLOWFIELDS

HOTEL & RESTAURANT

Fallowfields winner of Tourism South East 2011 "Best small Hotel of the Year" is a small, independent, luxury country house hotel that provides quality accommodation, a 2 AA rosette restaurant, conference & banqueting facilities. Fallowfields is set in 12-acres of well tended gardens, kitchen garden and farm providing produce for our chefs. .

How to find us



Thermomix

Thermomix is a super fast food blender and processor that also weighs, cooks, simmers and steams!



.....and after all this add some water and washing up liquid and Thermomix cleans itself



FALLOWFIELDS

HOTEL & RESTAURANT



THERMOMIX
JUICING &
WELLBEING DAY
Saturday January 28th
10.30am – 4.30pm



KINGSTON BAGPUIZE
WITH SOUTHMOOR
OXFORDSHIRE OX13 5BH

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