

12TH - 15TH SEPTEMBER 2019
RADISSON BLU HOTEL, WATERFRONT
'COME AND BE PAMPERED'

FESTIVAL PROGRAMME AND EXHIBITORS LIST

2019
HEALTHY LIVING FESTIVAL

CONSIDERING LASER EYE SURGERY? TRUST OUR EXPERT

Mr David Anderson is one of the UK's leading Eye Specialists, with his Anderson Eye Care Practice at The Lido Medical Centre.

David is now offering expert Laser Eye Surgery, and his team from The Laser Vision Eye Centre will be available every day at the Show to discuss all the benefits of Laser Eye Surgery.

Do come and see us.



Mr. David Anderson

Consultant Ophthalmic Surgeon (University Hospital Southampton / Nuffield Health).

MEET THE TEAM AT THE HEALTHY LIVING FESTIVAL OR CALL 01534 618311

FlyDirect
Holidays & Flights direct from Jersey

SUNDAY DEPARTURES
FLY DIRECT TO TENERIFE
2020 NOW ON SALE

RETURN FLIGHTS from **£319** including 20kg LUGGAGE!

9th FEBRUARY - 12th APRIL 2020 - NOW more hotels online.

PLUS up to £100 Child Discount

Call 496677 visit flydirect.je or come and see us at Heron House, next to Gama Aviation. FREE PARKING.

ABTA FlyDirect is part of C. I. Travel Group

Price correct at time of going to press. 14th August 2019. This will increase with demand

YOU COULD BE THE DIFFERENCE AND SAVE A LIFE

St John Ambulance are the Island experts in first aid training. Did you know! We offer community training courses from £25.00.

No-one should suffer for the lack of trained first aiders. Be the difference and call us today.
Tel: 735611

St John Ambulance

GET YOUR MOJO BACK!

WITH COUNSELLING JUST FOR YOU

If you need space and time, constantly saying, "why am I like this?" "When ...," and "If only . . ." Feeling at the end of your tether, feeling confused or isolated – maybe one-to-one counselling is for you. Counselling/psychotherapy will help you find the 'why' to get to the 'how' so you move your life into a direction that works for you: giving you back your *mojo*.

Find the 'WHY' to get to the 'HOW'

I have created a Counselling Referral Scheme to enable you to have quick access to counselling and psychotherapeutic services through a free assessment for the benefit of your mental health and wellbeing (AXA Health Assurance can also be used).

Labyrinth Centred
Becoming connected from the inside out

Contact Wendy Allenet-Simpson
Email: wendy@labyrinthcentred.com

PINPOINT NUTRITION

AND THE PREP KITCHEN

A client-centered nutrition service underpinned by scientific, evidence-based principles. Supporting clients to achieve optimum health via tailored, nutritional solutions; happily helping them to live life well.

As a qualified Nutritionist, Beau strongly believes in providing nutrition-related solutions drawn from a robust, scientific evidence base.

The Prep Kitchen is led by a passionate team of qualified Nutritionists and highly skilled Chefs who take the guesswork out of nutrition by delivering bespoke, mouth-watering meals to your door, all of which have been tailored to your nutritional requirements.

PINPOINT NUTRITION AND THE PREP KITCHEN

Tel: 07829 855 477
beau.waugh@gmail.com

SEE US ON STAND 15 & 16

PINPOINT NUTRITION

The key to better **health** for your **body** could be right under your...**feet**

Your feet support the weight of the body, so a small problem in your feet can lead to joint stress in your body.

Orthotics can rebalance your feet and reduce your pain!

Arthritis • Knee Pain • Shin Splints • Plantar Fasciitis
Hip Pain • Lower Back Pain • Calluses • Bunions

Customised orthotics are biomechanical medical appliances made SAME DAY at the event.

THE ORTHOTIC WORKS
people who put footcare first

21 Nunnery Lane, York
YO23 1AB | 01904 620120
www.theorthoticworks.co.uk

WORKSHOPS NOIRMONT ROOM FRIDAY 13TH SEPTEMBER

- 11:00 - 11:45 TBA - Available
- 12:00 - 12:45 ST JOHNS AMBULANCE
Defibrillator Demo
- 13:00 - 13:45 VANTAGE INSURANCE BROKERS LTD
Private and Corporate Medical Insurance
- 14:00 - 14:45 TBA - Available
- 15:00 - 15:45 HEL'S HEAVENLY HOOPS
Hooping for Health & Happiness
Tel: 07797 792 973
- 16:00 - 16:45 JUMPING POUND KETTLERCISE WITH LENNY
Pound Rockout Workout
- 17:00 - 17:45 TBA - Available

WORKSHOPS NOIRMONT ROOM SATURDAY 14TH SEPTEMBER

- 11:00 - 11:45 RACHNA STEAR
Essentially All You Need - Toxin free, zero waste living using essential oils and other plant based ingredients to make home remedies, body products and cleaning products that won't harm you, your family or the environment
- 12:00 - 12:45 DIANA MOSSOP
The Heart Lock Theory
The impact of Family Dynamics on Health
- 13:00 - 13:45 MAGGIE BAIN
Truthfully Naked: Strip down to create extraordinary relationships
- 14:00 - 14:45 VANTAGE INSURANCE BROKERS LTD
Private and Corporate Medical Insurance
- 15:00 - 15:45 ISAGENIX
An introduction to nutrition cleansing - weight loss, energy, help you sleep, feel your best.
- 16:00 - 16:45 TBA - Available
- 17:00 - 17:45 TBA - Available

WORKSHOPS NOIRMONT ROOM SUNDAY 15TH SEPTEMBER

- 11:00 - 11:45 ASHLEY CUMMINS
An Introduction to Kalimukti Yoga
- 12:00 - 12:45 YOLANDA SAEZ CASTELLÓ MSc,
of TAP IT BETTER
Unique approach of Inside-Out coaching and EFT Tapping to clear stress, anxiety, phobias and much more
- 13:00 - 13:45 MAGGIE BAIN
Truthfully Naked: Strip down to create extraordinary relationships
- 14:00 - 14:45 RACHNA STEAR
Essentially All You Need - Toxin free, zero waste living using essential oils and other plant based ingredients to make home remedies, body products and cleaning products that won't harm you, your family or the environment
- 15:00 - 15:45 VANTAGE INSURANCE BROKERS LTD
Private and Corporate Medical Insurance
- 16:00 - 16:45 JUMPING POUND KETTLERCISE WITH LENNY
Pound Rockout Workout

WIN A COLOUR TV

FOR THE CHANCE TO WIN A COLOUR TV IN OUR FREE DRAW, JUST COMPLETE A COMPETITION CARD AT THE ENTRANCE OF THE FESTIVAL AND LEAVE IN THE BOX ON THE TABLE.

WE WILL ALSO BE IN BROOK STREET, ST HELIER (IN BETWEEN JACK WILLS & HAMONS) ON FRIDAY 6TH SEPTEMBER BETWEEN 11AM & 4PM WHERE YOU CAN COMPLETE A FORM TO BE ENTERED INTO THE DRAW.



WIN A COLOUR TV
IN OUR FREE DRAW
SEE OPPOSITE FOR FURTHER DETAILS

EXHIBITORS

- | | | | |
|------------|---|------------|--|
| No 1 | Thursday to Saturday, Empower Coaching - How to overcome your obstacles and achieve your goals. India-Jade Cook Tel:07829 887 887 | No 20 | BergHOFF - Fat Free Cookware |
| No 1 | Sunday only, Jumping Pound Kettleercise with Lenny. Tel: 07700 332 333 | No 21 | Eurotherapy - Oscillating-Pad Pain Therapy. Tel: 07786 165 040 |
| No 2 | TBC | No 22 | Maggie Bain, Bare Naked Coach - Relationship & Intimacy Specialist. Tel: 01534 832 029 |
| No 3 | Essentially All You Need, Toxin free living with doTERRA Essential Oils Tel: 07700 813 988 | No 23 | Orthotic Works - Foot care. Tel: 01904 620 120 |
| No 4 | Anderson Eye Care - Laser Vision & Cataract Surgery. Tel: 02380 258421 | No 24 | Twin Island Spices - Pimata Sauces Tel: 07797 772 250 |
| No 5 | Blue Dragon Therapies - Massage, Holistic Therapies, Cryotherapy & Tropic Skincare. Tel: 07700 714 321 | No 25 | Aruna Therapy - Counselling & Wellbeing. Tel: 07797 766 264 |
| No 6 | SBP Health - Magnet Therapy Jewellery. Tel: 01273 741 534 | No 26 | Room to Breathe - Jersey's Professional Organiser. Tel:07829 895 788 |
| No 7 | Waterway Systems - Drinking Water Filtration. Tel: 01534 745110 | No 27 | Adjustamatic Beds - Beds with built in unique NHC Cyclo-Therapy Massage. Tel: 0800 689 6889 |
| No 8 | Healthhaus - Taking Fitness Personally Health and Fitness Club. Tel: 01534 614800 | No 28 | C.I. Jewellery Designs. Magnetic Jewellery Tel: 07797 797 990 |
| No 9 | Flint & Flame - Kitchenware. Tel: 01403 740 230 | No 29 | Isagenix - Cellular cleansing - no compromise nutrition for ultimate wellness. Tel: 07797 762252 |
| No 10 | Nicky Friendship - Reader. Tel: 01884 820 548 | No 30 | Vantage Insurance Brokers Ltd - Private & Corporate Medical Insurance. Tel: 01534 706554 |
| No 11 | TBC | No 31 | Jersey Hemp - Fibres, Seeds & CBD Oils. Tel: 07797 738 856 |
| No 12 | Skin Care with Compassion - 100% Natural, Organic & Vegan skincare products. Tel: 07797 763 364 | No 32 | Ricky Whitmore - Clairvoyant Medium. Tel: 07879 686 440 |
| No 13 | Vida Health & Aesthetics - Ultraslim LED Red Light Therapy for body contouring & skin rejuvenation. Tel: 01534 280781 | No 33 | Graham Taylor - Bowen & Craniosacral. Tel: 07797 720 828 |
| No 14 | TBC | No 33 | Bodytalk - Energy Healing. Tel: 07797 7130 282 |
| No 15 & 16 | Pinpoint Nutrition & the Prep Kitchen. Client-centred Nutrition Service. Tel: 07829 855 477 | No 34 | Maxburn Fitness Plate - increases circulation, energy, vitality and gains muscular strength |
| No 17 | Diana Mossop - Phytobiophysics Practitioner. Tel: 01534 738737 | No 35 - 37 | Opatra - Advanced Skincare Technologies. Tel: 07398 719 802 |
| No 18 | Clarity - Ear Wax Micro-Suction. Tel: 07700 333 233 | No 38 | Baytree Home Interiors. Tel: 01534 721886 |
| No 19 | Rachel's Posh Nosh for Dogs. Tel: 07797 824 626 | No 39 | Serenity Scents Jersey - Handcrafted Soy Candles. Tel: 07797 762 343 |
| | | No 43 | Cancer Research UK - Cancer Research & Awareness Charity. |
| | | No 44 | Caroline Coe - Spiritual Medium. Tel: 07980 011 475 |
| | | No 45 | Diabetes Jersey - Charity working tirelessly to support the work of the Jersey Diabetes Centre. Tel: 07797 826 508 |

FLOOR PLAN

HEALTHY LIVING FESTIVAL - THURSDAY 12TH SEPTEMBER TO SUNDAY 15TH SEPTEMBER 2019

RADISSON BLU HOTEL, RUE DE L'ETAU, WATERFRONT, ST HELIER

OPENING TIMES:

THURSDAY 12TH SEPTEMBER 1PM - 8PM
 FRIDAY 13TH SEPTEMBER 10AM - 6PM
 SATURDAY 14TH SEPTEMBER 10AM - 6PM
 SUNDAY 15TH SEPTEMBER 10AM - 5PM

ADMISSION CHARGE £2 - EVERY £1 RECEIVED AS ADMISSION WILL BE DONATED TO JERSEY HOSPICE & YOU WILL BE ENTERED INTO A DRAW TO WIN A SMART TV PLUS OTHER PRIZES.

CHILDREN 12 & UNDER WILL BE FREE ADMISSION.

CONTACT:

IAN BARNES
 TELEPHONE 07797 718 719
 EMAIL ian@barnespublishing.com

