

COUNTRY HARMONY MASSAGE AND NATURAL THERAPIES

NOVEMBER/DECEMBER 2019 - NEWSLETTER

This current Newsletter includes written testimonials received from clients which demonstrate the results they have experienced in my Uralla and Guyra Clinics.

Being very aware of the fiscal situation many in the community are enduring due to the extreme environmental conditions which are beyond our control, the charges remain unchanged.

For those who prefer to remain fully clothed during a session, many modalities are available for them.

The length of time which should be allowed for each session is at least one and a half hours although some may go longer at no additional charge. The various therapies are being offered to the community as a service so that those who have been delaying treatment are not burdened by a heavy financial commitment. Many clients experience significant pain relief and other benefits after just one session.

My current charges for the standard services provided are:-

Pensioners, Concession Holders and Students \$60.

Non-concession Holders \$70.

For the shorter sessions, for example Scar Treatment Release, Acu-Reflexology, Foot Detox or Indian Head Massage sessions, the rates are \$35 for non-concession holders and \$30 for Pensioners, Concession Holders and Students. For those who are facing hardship and who would really benefit from a session, I do "pay it forward." Please just call as my services are being provided for the benefit of the community. Veterans are catered for.

TESTIMONIAL 1 (Scar Tissue Release)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

"Tricia did an incredible job releasing a scar on my arm, I never imagined it could look so normal again and for me that was only after one go."

July 2019. - K. Uralla.

TESTIMONIAL 2 (Scar Tissue Release) Photographs included

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

"I had a skin cancer removed from my arm in February of 2017. The first three photos show the scar and huge dent that was left in my arm as a result. I didn't like having the huge dent and the scar was still tender right up to 2 weeks ago. I was happy that my doctor had gotten all the cancerous cells. Then 2 weeks ago I went to see Patricia Esplin at Country Harmony about my back and she noticed the scar and asked if it bothered me. When I said I still had tenderness even after all this time she offered to work on it for me. After she had spent less than 10 minutes on it the dent was almost completely gone and so was the tenderness. The last two photos I took today after a second treatment of less than 10 minutes and what was a thick white scar now looks and feels fantastic. The same process even works on stretch marks she told me. I am blown away by what she has done for me and strongly suggest if you have any scars or stretch marks that bother you, contact her. She gives great massages too so treat yourself, we all deserve a break from time to time and her prices are more than reasonable."

July 2019. - K. Uralla.



The Photographs for Testimonial 2
(supplied by my client)

- Photo 1, The Arm Scar before the first Scar Tissue Release session.
- Photo 2, The Dent before the Scar Tissue Release session.
- Photo 3, A view of the Scar after the first Scar Tissue Release session.
- Photo 4. The Dent after the second Scar Tissue Release session.
- Photo 5. The Scar after the second Star Tissue Release session.

TESTIMONIAL 3 (Pain Reduction)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“To whomever reads this testimonial.

I have suffered with chronic worsening pain since 2009. I have two bulged discs in my lower lumbar and another disc that is collapsing. I suffer from light degeneration of the joints which causes arthritis. I also suffer from light degeneration of the cartilage and joint surfaces. I am as of today's date in 2019, 49 years old. I was told at 40 by two different orthopaedic surgeons to “get a walking stick and pain killers and come back and see us when you're 50 and we will assess you again for knee replacements.”

2010 I had to quit my job as a boilermaker due to the pain. I started a lawn mowing business which I had to shut due to the pain. I had to apply for the disability pension. My back pain and knee pain now means my wife is now my carer as some days I'm in so much pain I cannot physically get out of bed. After much searching and trying different things that never seemed to help, I had basically given up.

My wife found Tricia at Country Harmony Massage and Natural Therapies in Uralla and decided I needed a pamper with a proper massage as I had never had one. I have had two sessions with Tricia now and I must say I was blown away. I never thought a massage and acupressure would have the effect that it does.

After my first session I could stand straight for the first time in 5 years without much pain. Best thing was I didn't even notice until Tricia said something. Even my wife noticed as I walked in the house. I had not been able to lay on my back or front for more than 2 ½ minutes yet during the first session with Tricia's modalities I was able to lay on my back for 1 ½ hours and face down for 1 hour.

Now for me the treatment that I receive from Tricia is not going to fix the issues that I have nor does it have long lasting effects but for about a day or so after I'm in a little less pain for which when you are a chronic pain sufferer is a blessing. I plan to have more sessions when I am able with Tricia. I find her to be very caring and attentive to my pain and gentle. She always follows up after my appointment to see how I'm going. If you are reading this and thinking 'yeah I don't know' remember I didn't either until I had a session with her at Country Harmony Massage and Natural Therapies. Thank you Tricia.”

August 2019. - A. Uralla.

TESTIMONIAL 4 (Scar Tissue Release)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“When I was eight years old in 1954 I had an accident where my left hand smashed through a glass panelled door. The deep jagged cut was some eight centimetres long and I lost all feeling in my left thumb. It remained this way for about six and a half years when the intense feeling of pins and needles started. Over the next six months, full feeling in the left thumb returned. Seven years later a large piece of glass protruded from the scar and was easily removed. Since the accident, I had not been able to touch the scar until 2019 when Tricia from Country Harmony spent fifteen minutes of Scar Tissue Release on it. I find it hard to believe that with one treatment, that scar under my left thumb can be touched, rubbed, and treated just like my uninjured right hand. After the follow-up treatment, I now have full movement of the thumb and the colour and appearance of the scar is so less noticeable. Whatever trauma I had been carrying to the hand for all those decades has completely gone and it only took two short sessions to achieve. Thanks Tricia, I am very grateful.”

July 2019. - TT. Guyra.

TESTIMONIAL 5 (Lymphatic Drainage and Detox Therapy)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“Tricia, Country Harmony, Guyra.

I want to thank you for the improvement in my health which has been confirmed by my doctors after receiving Manual Lymphatic Drainage and Detox Therapy from you recently.

I have had radiation therapy and chemotherapy for cancer in my lymph nodes on my neck which showed traces of blue under various CT Scans. My Radiation Oncologist has been monitoring my lymph nodes on a monthly basis and was considering an operation to remove them.

After receiving several sessions of Manual Lymphatic Drainage and Detox Therapy from you, the Oncologists said the lymph nodes no longer have to be removed as there is no sign of cancer. My cancer medication has been terminated and he advised that I should continue with the assistance you are providing me. Some of my blood pressure medications have been greatly reduced. My hair is returning to black from the previous grey colour, my skin no longer appears grey and my vision is becoming clearer after each visit with you.

I have also seen the Chemotherapy Oncologist and he concurs with the Radiation Oncologist and the Oncology Team regarding my improvement. Once again, Thanks Tricia.”

June 2019. - S. Guyra.

TESTIMONIAL 6 (Relaxation Massage)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“Tricia is a Genuine Healer & such a Caring Giver, with so much knowledge: she de-stresses, de-tensions & repairs me, easing all my over-used muscles, making me feel completely whole again: recharged & ready for the week ahead.”

May 2019. - S. Sydney.

TESTIMONIAL 7 (Lymphatic Drainage)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

Following is feedback from a client after the first session of Manual Lymphatic Drainage with Tricia at Country Harmony Massage & Natural Therapies. “The lightness in my legs is amazing. Bounded up the stairs. The feeling of not pulling myself up stairs is amazing.”

May 2019. - K. Uralla.

TESTIMONIAL 8 (Relaxing Massage)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“I booked in every second day for a week when I was in Guyra. It was the most relaxing wonderful treatment. Thank you so much for your caring and taking the time to work on the sore areas that needed attention. I would recommend these treatments to anyone.

August 2018. - DL. Sydney.

TESTIMONIAL 9 (Relaxing Massage)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“Trish was absolutely fantastic!! Her room had a calming environment, comfortable table and very clean. Trish was completely professional, friendly, incredibly talented and had perfect pressure. Before the session she asked for a few spots that might need extra attention and she went above and beyond with those, adding some reiki therapy and stretching along with the relaxing massage. I have had many massages and I can honestly say Trish was one of the absolute best I’ve ever had. I highly recommend her.”

August 2018, - SR. Guyra.

TESTIMONIAL 10 (Relaxing Massage)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“I had the most beautiful relaxing massage by Tricia she works her magic hands to distress you or for a gentle healing on areas in need of repair. The sound of relaxing music and the faint subtle calming perfume wafting in the air adds to the perfect peaceful experience. Thank you Tricia.”

August 2018. - MH. Armidale.

TESTIMONIAL 11 (Massage and Snoring)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

"My wife panicked last night as she couldn't hear me snoring after my session with you yesterday. She had to put her hand on me to see if I was still breathing. First time in 9 years that we have been together that I haven't snored at all, all night. First time in 30 years. Goes to prove that massages are good for your health."

October 2019. – G. Uralla.

TESTIMONIAL 12 (Pain Reduction)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

“A huge thank you to Patricia Esplin of Country Harmony Massage and Natural Therapies. I had a treatment today and I feel great. I limped in in pain with my back and sciatica and after the session I walked out without a limp and in considerably less pain. I can recommend Tricia for all your pains or even just a relaxing massage. Thank you again Tricia.”

October 2019. – A. Uralla.

TESTIMONIAL 13 (Manual Lymphatic Drainage)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

My legs are so much better. I have ankles!

October 2019. - K. Uralla.

WARNING (Women’s Business)

Below on the next page the first photograph is of my clients untreated, six year old Caesarean Scar. The second photograph is the same Caesarean Scar after I spent just fifteen minutes performing the dramatic and painless McLoughlin Scar Tissue Release Technique.

TESTIMONIAL 14 (Scar Tissue Release)

COUNTRY HARMONY MASSAGE & NATURAL THERAPIES

While some may find the following photographs to be fairly confronting, I have included them to demonstrate the dramatic difference a fifteen minute McLaughlin Scar Tissue Release Technique can make, even to a large Caesarean Scar such as this. There were no oils, lotions, potions or make-up used in these photographs.



August 2019 Uralla

Serving the community with more than 28 years of industry experience.

Tricia Esplin – Country Harmony Massage and Natural Therapies, Uralla and Guyra.