

Physical activities and healthy living

Wellbeing

Activity	Ages	When	Where	Accessibility	Contact
<p>Aromatherapy Massage Combines two powerful and popular techniques for stress reduction and pain relief, as well as providing healing, soothing and relaxation</p>	<p>16+ (If under 16 parent/guardian must be present and parental consent given)</p>	<p>Fridays 9am to 6pm by appointment</p>	<p>The Beauty Retreat The Royal Hotel 1 South Parade Weston-super-Mare BS23 1JP</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Louise 07764 538 525 Louise.harmonyrain@outlook.com</p>
<p>Community Drumming and Rhythm Drumming is great for health and mental wellbeing. No experience needed, just have fun. African drums and small percussion provided.</p>	<p>All ages</p>	<p>Wednesdays 7pm</p>	<p>Tickenham Village Hall 205 Clevedon Road Tickenham BS21 6RX</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Wendy Doig 07565 161 036 wendy.doig@sky.com</p>

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<p>Crystal Healing An holistic and natural therapy that taps into the energetic power of crystals and how they affect the body and mind</p>	<p>16+ (If under 16 parent/guardian must be present and parental consent given)</p>	<p>Fridays 9am to 6pm by appointment</p>	<p>The Beauty Retreat The Royal Hotel 1 South Parade Weston-super-Mare BS23 1JP</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Louise 07764 538 525 Louise.harmonyrain@outlook.com</p>
<p>Indian Head Massage A treatment that focuses on massaging acupressure points along the head and neck using circular strokes</p>	<p>16+</p>	<p>Fridays 9am to 6pm by appointment</p>	<p>The Beauty Retreat The Royal Hotel 1 South Parade Weston-super-Mare BS23 1JP</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Louise 07764 538 525 Louise.harmonyrain@outlook.com</p>

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<p>Natural Rejuvenation Facial Massage A blend of techniques from both Japanese and Indian face massage, which incorporates complementary acupuncture and facial reflexology techniques</p>	<p>16+ (If under 16 parent/guardian must be present and parental consent given)</p>	<p>Fridays 9am to 6pm by appointment</p>	<p>The Beauty Retreat The Royal Hotel 1 South Parade Weston-super-Mare BS23 1JP</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Louise 07764 538 525 Louise.harmonyrain@outlook.com</p>
<p>Pregnancy Massage The goal is to aid relaxation, reduce muscle soreness, improve circulation and more, for pregnant women</p>	<p>16+</p>	<p>Fridays 9am to 6pm by appointment</p>	<p>The Beauty Retreat The Royal Hotel 1 South Parade Weston-super-Mare BS23 1JP</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Louise 07764 538 525 Louise.harmonyrain@outlook.com</p>

Get Active in North Somerset

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<p>Reflexology A massage that involves applying different amounts of pressure to the feet or hands</p>	<p>16+ (If under 16 parent/guardian must be present and parental consent given)</p>	<p>Fridays 9am to 6pm by appointment</p>	<p>The Beauty Retreat The Royal Hotel 1 South Parade Weston-super-Mare BS23 1JP</p>	<p> <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above </p>	<p>Louise 07764 538 525 Louise.harmonyrain@outlook.com</p>