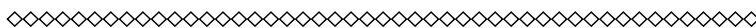


This month sees the start of an occasional series "In Profile" where local people write about themselves. If you would like to contribute or can suggest a suitable subject, give me a call on 01865 391725. ED



The Body Mechanic

Massage therapist Jenny Gresty moved to Marcham last year with her partner to escape the big smoke and explore new avenues in Oxfordshire; MADNews asked her to talk about herself:

"We had enough of London so decided to move to Oxfordshire because Sam was brought up here and I went to Oxford Brookes University and still have many friends in the area. We came to Marcham more by luck than judgement and the busy road gave us the opportunity to rent a much bigger house than we could afford in a quieter village! Ruth and Andrew showed us around when we came to see the house and introduced us to the warm and friendly community of Marcham.

Although much of my work is still in the West End of London, I have recently been working at ACNielsens in Headington doing my full compliment of treatments and as a result of new contacts have been focusing on a more local client base.

My first experience of massage left me feeling so fantastic that I thought I would like to help people feel that good too. Over the past 12 years I have qualified in many types of massage and complementary therapies. This has taken me all over the world in a quest to discover the origins of such treatments as;

Ayurveda
(Sanskrit: *ayu:* life; *veda:* knowledge of) or ayurvedic medicine is a more than 6,000 year old comprehensive system of medicine based on a holistic approach. Ayurveda also has a tradition of surgery.

Indian Head Massage and the Indian system of Ayurvedic medicine, Acupressure and Traditional Chinese medicine and even resulted in a stop in New Zealand where I practised sports massage on the All Black Rugby team!

This lead me to formalise my qualification in Remedial and Deep Tissue Massage which can help relieve back aches, muscle pain, headaches, repetitive strain injury and prevent and treat sports injury.

For people who enjoy more relaxing and balancing treatments, I practice Aromatherapy massage using essential oils carefully selected to suit the individual and help treat their specific ailments.

Reflexology is a particularly relaxing experience for whole body balancing where systematic massage of the feet on specific pressure points is believed to help clear energy blocks and disharmony in the whole body.




Indian Head Massage using warm oils especially massaged into the scalp is a great treat for the shoulders, neck, head and face (but not the hairdo!).

Having completed a diploma in Nutritional Therapy, I can help clients with digestive disorders by giving general dietary information and specific advice on what to eat, supplements etc. I also lecture in a number of schools and colleges teaching all types of massage plus anatomy and physiology of the human body which is so vital for understanding the effects of these treatments on the body's systems.

As Marcham is a fairly easy commute to London with its access to the M4 and M40, it has given us an easy transition to country life and its great to get out into the fresh air using the new Jubilee Walks. In fact, we are so taken with the area that we are looking for land for Sam to realise his dream as an architect and build our own house."

If you would like to find out more or see how Jenny can help you call 01865 391318 or 07957 143929.



THE BODY MECHANIC

REMEDIAL DEEP TISSUE MASSAGE AND ACUPRESSURE • NUTRITIONAL THERAPY
INDIAN HEAD MASSAGE • REIKI • REFLEXOLOGY • AROMATHERAPY

07957 143929

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COMPLEMENTARY THERAPY PRACTITIONER / LECTURER