

WHAT LEVEL OF NO HANDS® TREATMENT SHOULD I CHOOSE?



LEVEL ONE: PRACTITIONER

minimum of 6 days NO HANDS® training

Those who have trained to 'Practitioner' level are able to give you powerful and deep **FULL BODY TREATMENTS**. These can be tailored to a more structural massage or to a more nurturing massage. At this level, they have been trained to work in a completely zero strain way. This means that no matter how deep the treatment, your practitioner is always relaxed, which makes the touch much more powerful for you.

Shorter *Foot Massage, Head and Neck Massage* and *Back Massage* treatments are also available on request. This zero strain approach also means that your practitioner will not be retiring injured, anytime soon - a well documented problem for over 70% of the Massage industry. This means that when you find a practitioner who you like, you won't have to find another one!

LEVEL TWO: ADVANCED PRACTITIONER

minimum of 13 days NO HANDS® training

Those practitioners who have trained to 'Advanced Practitioner' level are able to offer five very powerful treatments *in addition* to those offered at practitioner level.

- **STRUCTURAL RE-ALIGNMENT TREATMENTS** which involve some of the deepest and most relaxing Back Massage you will find anywhere in the world. A well maintained loose and flexible spine results in many ailments just disappearing.
- **ENERGY RE-ALIGNMENT TREATMENTS** The depth of *NO HANDS®* treatments at this Advanced level means that the meridians and 'energy channels' throughout the body are getting a powerful boost. We also have our unique foot reflex treatment at this level, enabling internal organs to be affected and rebalanced.
- **BIO-CHEMICAL RE-ALIGNMENT TREATMENTS** which involve a course of our unique colon treatments. The colon lies at the heart of our biochemical balance and is a muscular organ. This gentle but deep 'belly massage' can soothe digestive issues. Clients are often amazed at how powerful these colon treatments are.
- **REPLETION TREATMENTS** are particularly valuable for those chronic and exhaustive conditions where normal Massage is contraindicated. This unique treatment is designed to support the body's own natural ability to recharge and renew.
- **DE-TOX TREATMENTS** are essential for those times when we need a good 'clear out'. Most healing traditions recommend a de-tox every Spring and Autumn and for very good reasons. Likewise, many religions have built such detoxification periods into their calendars for millennia.

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LEVEL THREE: THERAPIST PRACTITIONER *minimum of 19 days NO HANDS® training*

Those practitioners who have trained to 'Therapist Practitioner' level are able to provide a wide variety of treatments according to your individual needs on that day. They can deliver each treatment you ask for in five very different ways or 'styles':

- **STRUCTURAL STYLE** which is a deep and releasing style of Massage that 'mulches', stretches and kneads those tight muscles.
- **REPLETION STYLE** which can work at a profound level through the power of gentleness and stillness.
- **ENERGISING STYLE** which releases and unblocks energy throughout your body with its vigorous, light and fast movements.
- **CONNECTING STYLE** which enables you to reconnect Body and Mind with its slow and deep strokes.
- **NURTURING STYLE** which is a flowing style that enables you to rebalance mind, body and spirit.

Because they are also trained in the psychology of touch and in therapeutic communication, at this level you can ask your therapist for:

- **THE TRANSFORMATIONAL TREATMENT** which enables you to make changes in your life through this very special Massage treatment. It is still about the touch, but your 'Therapist Practitioner' has been trained to focus the touch in ways that can profoundly affect the mind. This specialist treatment is discussed with you in full detail beforehand and has been used successfully to give up addictions and make many different profound life changes.

LEVEL FOUR: MASTER THERAPIST *minimum of 31 days NO HANDS® training*

A NO HANDS® Master offers you all of the above, but with one significant difference. Only a Master has been fully examined and assessed in their NO HANDS® work by other Masters. This means that all the other levels of training (Practitioner, Advanced and Therapist) have been fully integrated, as observed and officially approved by the Association under rigorous and challenging exam conditions.

Their work is quite simply exceptional. For this reason they can be more expensive and sometimes quite hard to book an appointment with!