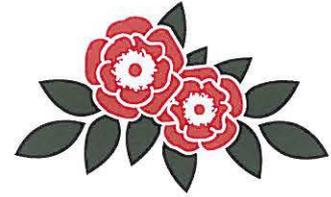


NEWS RELEASE

UNIVERSITY
— OF CENTRAL —
LANCASHIRE



Nature knows best

Things are set to get physical in Preston city centre next week when a local clinic holds a sensuous and therapeutic Open Day.

The Preston Clinic of Herbal Medicine on St Wilfrid's Street is opening its doors on Tuesday 3 February from 1.00-5.00 pm for people to find out more about herbal medicines and what they can offer.

And as well as the more well known uses of herbal remedies for aiding relaxation and warding off colds, some of the more unusual uses will be unveiled.

“Many of the herbs we use for remedies and treatments are also used to produce natural and sensuous massage and bath oils,” explains Angela Grunwald, “And with Valentine's Day just around the corner, we thought it would be an ideal opportunity to get something really special as a Valentine's Day present for your loved one.

“We will also be offering a complimentary cup of herbal tea, which is an ideal way to help with stress, colds or just detoxing after Christmas”.

All staff at the Clinic are fully qualified and experienced medical herbalists, working alongside final year Herbal Medicine students from the University of Central Lancashire. They will be offering free confidential consultations, so that you can find out what herbal medicine can do for you. There will be stalls with a full range of herbal teas, oils and tinctures available, along with specialist sessions including 'how herbs can help you with the menopause' at 1.15 pm and 'the medicinal use of essential oils' at 4.30 pm.

So whether you're looking for a relaxing bath or massage oil as a gift, or need help with that persistent cough or cold, why not call in. For further information or to book a short consultation at the special rate of £5, call 01772 252526.

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28 January 2004

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