

If you would like to advertise in the Dolwyddelan Community Newsletter, or be the next quarter's Featured Local Business - please contact **Shaun Hewitt**  
e-mail: [shaunhewitt@me.co.uk](mailto:shaunhewitt@me.co.uk) Tel: **01690 750 519**

## Alison Richmond and Snowdonia Massage Therapies

I have had an interest in Holistic Therapies for over fifteen years now, from when I first took a City & Guilds Certificate in Body Massage, but my 'proper' work for CADW as Head Custodian at Beaumaris Castle on Anglesey kept me more than busy.

Since having our children, and moving to Dolwyddelan in 2010, I have been a stay at home mum. But now that the children are in school full time, the time was right for me to return to work.



I had joined Neal's Yard Remedies almost two years ago as an Independent Consultant, and when I discovered that lots of my fellow consultants around the UK also worked as Therapists, I realised it was a great opportunity to combine both massage therapy and Neal's Yard Remedies into a business – so in spring of 2015, I retrained and obtained a Certificate in Swedish Massage and Hot Stones Therapies. I am also a fully insured member of the Guild of Holistic Therapists.

Snowdonia Massage Therapies was launched last summer as a fully mobile massage therapy service – I have a very comfortable portable couch and a massage chair. I offer a variety of treatments from Back, Neck and Shoulder Massage at £28, to a Hot Stones Full Body Therapy at £45 – all tailored to your needs, and carried out in the comfort of your own home, using Neal's Yard Remedies award-winning organic products. I provide everything needed for your treatment including towels – and even relaxing background music! Massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

For more information and details of latest offers, please call me on **01690 750222** or mobile **07534 284188**



Alison Richmond – Snowdonia Massage