

## Snowdonia Massage Therapies

Alison Richmond MGHT  
Mobile Therapist

Neal's Yard Remedies  
Independent Consultant  
Massage Treatments and  
Hot Stone Therapy

Call: **01690 750 222**  
Mob: **07534 284 188**

Visit my Neal's Yard shop:  
[www.uk.nyrorganic.com/shop/alison-richmond](http://www.uk.nyrorganic.com/shop/alison-richmond)  
Facebook: [alisonrichmondnealsyard](https://www.facebook.com/alisonrichmondnealsyard)  
**20% discount** off all Massage Treatments  
with this advert. Please quote - Menter  
Siabod when booking, discount cannot be  
used in conjunction with any other offer.

## Torchau Celyn Addurn Canol Bwrdd



### Holly Wreaths Table Centres

**FELIN MEITHRINFA'R NURSERY**  
**DOLWYDDELAN LL25 0EQ**  
**01690 750 319**

## Sinema'r Pentref

**Ystafell Gwyddelan Suite – 7.00yp/pm**

**Rhagfyr 18 December**

Gwin poeth a mins peis  
Mulled wine & mince pies



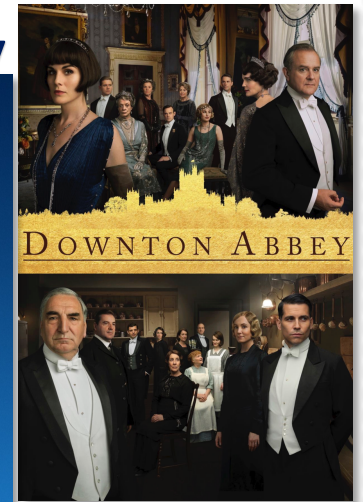
**Ionawr 15 January**

### PADDINGTON



## Village Cinema

**Chwefror 19 February**



**DOWNTON ABBEY**

## GARY 'LOGS' EDWARDS

**LOGS and KINDLING**

Small or large loads

**07718 505 093**



## Bodhi MOVEMENT

**Bodywork & Movement Studio**

The Studio, Royal Oak Stables,  
Betws y Coed

Injury Assessment  
Sports Massage  
Movement Analysis  
Yoga Classes

01690 359081  
[www.bodhi-movement.co.uk](http://www.bodhi-movement.co.uk)

Mike, Carrie & Jane look forward  
to welcoming you to



Three suites of rooms now open  
for accommodation.

## Café Restaurant Open Daily

For information find us on Facebook  
**Plas Penaeldroch Manor**

Pont-y-Pant, Dolwyddelan  
LL25 0PJ Tel. 01690 750 316  
[www.penaeldroch.co.uk](http://www.penaeldroch.co.uk)

## Lloyd Brothers

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