

Sue Foster

Sue Foster is a qualified Swedish massage practitioner with years of experience.

www.susanfosterilkley.co.uk

I am a NO HANDS Practitioner working in Ilkley at the Ilkley Healing Centre, West Yorkshire LS29.

It is my view that Massage is an essential ingredient for a healthy and happy life. Massage has certainly been around for more than 2,000 years and there is ample scientific research and information to support its potency and value for all of us.

I originally qualified as a NO HANDS Practitioner in 1998 and have continued to attend training courses and professional development sessions with Gerry Pyves over the past 10 years. I have repeated many of the courses including Advanced, Reflex and Chair Massage training more than once. This is because I continually strive to be the best I can be with my Massage work and because there is always more to learn. Regular supervision and assessment of my work is a vital element of this ongoing training commitment.

Since 2002, I have worked at the Ilkley Healing Centre in Ilkley where I am part of a team of complementary therapists who all share a similar philosophy for offering treatments that can transform and rebalance our lives.

I regularly take part in charity events offering Chair Massage to people who may not before have experienced the powerful touch of NO HANDS Massage.