



# FRANCY LEMA

**Francy** is a distinguished holistic wellness expert based in London, renowned for her exceptional skills in naturopathy, acupuncture, yoga, Thai massage, therapeutic massage, mindfulness, and breathing exercises. With over a decade of experience, she has earned the trust and admiration of celebrities globally. Research shows that trauma memory is when our bodies remember bad experiences, events that make us anxious and fearful. These memories can stick with us and have a strong impact on how our bodies feel and react, including physical sensations such as smells, tastes, and pain. Francy helps clients address this, with her expertise encompassing both Eastern and Western practices, providing a comprehensive approach to health and wellness. Holding a first-class honours degree in Psychology, she goes beyond academic achievements, connecting with clients on a profound level to address their physical and emotional needs. Having worked at prestigious clinics such as Sha Wellness Clinic, Lanserhof, and Six Senses as a Visiting Practitioner, Francy brings a wealth of experience to her practice. Her bio reflects her commitment to optimal well-being, emphasising her ability to work in synergy with intuition and an open mind. Clients seek her out for a holistic journey, drawing on her diverse skills and deep understanding of the mind -body connection.

## Sea Magnesium Deep Massage

<b>1 hour</b>	<b>£220</b>
<b>1 hour 30 mins</b>	<b>£320</b>

Ideal to break down the stiffness, relief pain, release fatigue and recovery from Jet Lag. Includes Magnesium mineral oil and can include fascia stretching, cupping and Tok Sen.

## **Yoga-Thai Massage**

<b>1 hour</b>	<b>£220</b>
<b>1 hour 30 mins</b>	<b>£320</b>

A traditional massage from Wat Poh Temple. The body is massaged without using oil. Increases mobility, flexibility and reduces body tension. Improves body posture and provides general well-being.

## Shiatsu

<b>1 hour</b>	<b>£200</b>
<b>1 hour 30 mins</b>	<b>£295</b>

A form of acupressure that originated from Japan. This pressure point therapy uses kneading, pressing, soothing, tapping, and stretching techniques and is performed without oil. Helps to reduce stress.

## **Naturopath Consultation**

<b>1 hour</b>	<b>£220</b>
<b>30 mins (Add on)</b>	<b>£110</b>

Based on the deep understanding of the naturopathic use of herbs, supplementation, and a good nutrition. This session is a perfect start to care for your body from the inside and discover your inner strength and health. Includes nutrition advice and breathing education.

## Acupuncture

<b>1 hour</b>	<b>£210</b>
<b>30 mins (Add on)</b>	<b>£115</b>

Acupuncture is a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. It is believed to balance the body's vital energy or "qi" and is used to treat a variety of health conditions.