



Tania is a qualified Ayurvedic Practitioner and is a member of the Ayurvedic Professionals Association UK. She qualified as an Ayurvedic Practitioner in 2010 with first class honours at MAYUR University of Europe based in London and undertook her clinical practice at various clinics in India. Tania has also trained extensively under her mother Susan Kotev who runs the Willow Herbal Centre based in Essex and undertaken a course in integrating Ayurveda with Western Medicine with Annie McIntyre in 2012. She continues to use Ayurveda with Western herbs in her

healing protocol.

Tania has also recently trained in Aroma Acupoint Therapy with Tiffany Carole, Crystal Healing Therapy with Philip Permutt and is a fully qualified Seraphim Healing Practitioner as taught by Eloise Bennett. One or more of these healing modalities can be used in conjunction with Ayurveda during your session.

Ayurveda is an ancient Indian healthcare approach using diet, medicine and lifestyle changes to correct the root cause of disease. It is therefore very effective at alleviating or eliminating a wide range of diseases. Ayurveda works by assessing the mental, emotional and physical state of a patient and then a tailor-made program is recommended to suit the exact needs of the person to bring them back to harmony and balance.

Aroma Acupoint Therapy, is a gentle, completely safe and extremely effective treatment modality that utilises the energetic potential locked within pure essential oils. Treatment involves placing particular oils on specific acupoints or reflex zones on the body in order to trigger energetic changes in the individual that will bring them back to a state of balance.

Crystal healing is a holistic and natural therapy that taps into the energetic power of crystals and how they affect the body and mind. Crystals can be used on or around a client to help unblock, focus and direct energy.

Seraphim Healing is a form of Angel therapy, that works to return your body, mind and soul back to a state of complete balance, harmony and joy. This healing is particularly great to assist in transforming and transmuting all lower thoughts, feelings, emotions and energy, into pure love and light and helping you to move forward into a happier, healthier and more positive lifestyle.

Health conditions that can be worked with successfully using the above modalities include:

Allergies - Arthritis and rheumatism- Asthma and lung diseases -Coughs, colds, flu and sinus conditions - Cystitis and urinary disorders - Digestive and bowel conditions - Eczema and skin disorders - Fertility concerns - Gynaecological conditions - Hayfever - Heart and circulatory conditions -High blood pressure - Infections - ME and chronic fatigue

Muscular /Skeletal problems -Nervous disorders-PMT-Skin conditions - Stress and emotional problems.

Tania is currently available on Thursdays 10am - 8pm and some weekends. Please visit her website www.higherhealings.co.uk for further information or to book an appointment please call 07588 371563 or email Tania@higherhealings.co.uk.