

'At One' with the world

Complementary therapies have become increasingly popular in recent years and the many benefits gained from them are not to be underestimated. Indeed there's no getting away from it, our mind, body and emotions are intrinsically linked — what touches one, affects the other.



Julia Fisher.

As it's estimated that 80% of all illnesses are stress related in some way, it's a good job that the majority of us are now discovering that holistic therapies, such as Reiki, Reflexology and Deep Tissue Massage, are a fabulous way of de-stressing, rebalancing and helping us to feel at one with the world.

After feeling a little frayed at the edges myself recently, you can imagine my delight then, when a friend told me about a little haven he'd discovered in Mapperley, literally called At One. At One is a special place where you can get away from it all, step off life's fast paced conveyor belt and rediscover your own track in a blissful secret purpose built sanctuary without having to battle through traffic, find the right change for parking and wait for the person booked in ahead of you to finish their appointment. (After all, who needs all those niggling little hassles when you are going in search of relaxation and wellbeing?)

I decided to visit Julia Fisher who owns At One, to see for myself what it was all about and try one of the treatments for myself.

On my arrival I could see immediately that the sanctuary has been designed with a lot of thought and is a truly calm and peaceful place to be. Says Julia: "I always dreamt of creating the perfect environment to work in. But it had to be right — At One is not about a mass market business, it's intended to be small, special and one-on-one and I think the sanctuary reflects that. You are never just another customer. You won't arrive to sit and



Inside the sanctuary.

wait in a reception area with telephones ringing and people coming and going. Your appointment is entirely your own and plenty of time is booked so you never feel you have to rush."

Julia has been fortunate to have the support of her husband Trevor who designed and built the sanctuary himself, overcoming many challenges to ensure that every inch of it was in keeping with the needs of the business. Indeed the setting up of At One has been quite a family affair as Julia's two sons

Richard and Alan have also been able to support her with their respective talents in media and web design. Even some of the beautiful pictures displayed on the walls of the sanctuary are the work of Julia's mum, Sheila, a talented local artist formerly from Woodborough.

Julia is a fully qualified therapist with nearly ten years' experience and is an expert in accompanying subjects too. After discovering the intense benefits of aromatherapy

massage herself in 1997 she went on to train and qualify in Reiki, Reflexology, Aromatherapy Massage, Deep Tissue Massage, Indian Head and Neck Massage and Feng Shui.

Being qualified in all areas enables Julia to adapt her treatments to suit the needs of every individual. I booked in for aromatherapy massage for example, but after discovering a particular area of stress, Julia included some reflexology to offer maximum relief.

A full medical consultation was undertaken before any treatment began, my privacy was respected at all times and I felt relaxed and reassured. Exactly how it's supposed to be!

After combining Julia's expert massage techniques, with soothing music, the blissful scent of Frankincense, Lavender and Sweet Marjoram and being swathed in warm towels, I really was away with the fairies! I'll certainly be visiting Julia again soon because I really like feeling At One with the world!

Why not experience the benefits of At One for yourself — or buy a gift voucher for someone else who may benefit?

At One offers flexible appointment times to suit all individual needs including early mornings, evenings and weekends. Many therapies are available so for more information or advice, contact Julia — Tel 0115 953 9263, email Julia@at-one.info or visit the website www.at-one.info



The purpose-built, At One sanctuary haven at Mapperley.

WINWINWIN

£20 Gift Voucher towards the cost of an At One treatment. Just answer the simple question below

In what area of Nottingham is At One?

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Name:

Address:

.....

Telephone Number:

Send your answers to:
ONE magazine, Tundy Leas, Main Street,
Flintham, Nottingham NG23 5LA.
Closing date: November 11, 2005.

