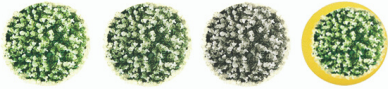


THERAPY RECOVERY WELLBEING



"Hi, I'm Sandra"

Sandra Daruwala MFHT
Complementary Therapist
and Owner of The Recovery
Well



Inspired by my children and wanting to create a better quality of life for them and myself whilst being able to help others is what drove me to go back into education to study for a completely new profession and embark on starting my own business.

I chose Complementary Therapy because I was already passionate about essential oils (I loooove the smells and how they affect me!!) since I was introduced to them when I was 16...getting on for thirty years ago (:0) and was looking for somewhere that would offer me a bonafide qualification that would be recognised on a professional level and so I found the VTCT Level 3 Complementary Therapy Course at Allen & Walden. The Course includes Reflexology, Swedish Massage and Aromatherapy. I also studied for accredited courses in Pregnancy Massage and Hot Stone Massage. I also have a Level 2 Counselling Skills Diploma and a Level 3 First Aid at Work certificate.

The Recovery Well is a treatment Room/Therapy Clinic based at The Marlowe Innovation Centre where I offer all the above treatments as well as guided meditation and aromatherapy facials. I pride myself on offering a luxurious service with the highest standards possible. You can find out more from my website www.therecoverywell.co.uk

As I am a single mum, I work around my children and have a varied schedule and availability, therefore I have an online booking system which means you are able to see any available slots and choose accordingly, making the process very straight forward. You can <https://www.fresha.com/the-recovery-well-evo3lt9u> or access the link through my website.

My dream for the future, is to create a hub of various complementary therapists and related services under one roof where a client can go knowing that they will receive the best quality care, that it will help them and they will come away feeling better. I don't proclaim to have miracle cures, but even if the effects of the treatment make the person relax, feel uplifted and sleep better that night, then something positive will have been achieved.

Note: For those wishing to Book Massage Mondays treatments at Baypoint Sports Club please use the online booking system just choosing Monday (as of 20th April 2020) or call 01843 627049.



FHT



professional™
standards
authority

accredited register

I'm a registered therapist, so you know I'm qualified and insured