

Learn a little bit about our therapists.....

Francine Du Long

An interdisciplinary performing artist who hails from Nova Scotia, Canada. She recently completed an MA with distinction in Applied Theatre from the Royal Central School of Speech and Drama, holds a Double Major in Theatre and French from the University of British Columbia, and has a background in physical theatre and art education (International School of Jacques Lecoq).

Francine is passionate about the exploration of positive body image and gender equality in our current society. Working with Body Gossip and all the young people involved with the Performance Project is both a daily source of inspiration and a life changing opportunity. When she is not facilitating and designing educative adventures for Body Gossip, she is working for her participatory environmental theatre company, Blooming Ludus. You can see her portfolio here:

<http://francinedulong.weebly.com>

Helen Spencer

I am certified Laughter Yoga Teacher.

I first came discovered it when I lived in the USA and fell in love with it. It has helped me through some tough times and later when I came to live in Scotland I could not find a Laughter Yoga club near my home so decided to go to India, do the training and start teaching it here in Aberdeenshire.

We call it laughter Yoga because it combines laughter exercises with yoga breathing (which is very health giving).

The human body cannot tell the difference between real and fake Laughter. Created by Dr Kataria in 1995 it has grown from 5 people in a Mumbai Park to 16,000 plus laughter Yoga clubs in 104 countries.

In times of adversity it provides people with easy coping strategies. It has many scientifically backed health benefits of boosting immunity, decreasing stress levels, and oxygenates the body, plus many social and psychological benefits such as boosting confidence, connecting people and bridging gaps of social and economic differences. WE DO NOT LAUGH BECAUSE WE ARE HAPPYWE ARE HAPPY BECAUSE WE LAUGH!

Emily Blair

A complimentary therapist specialising in Sports and Remedial massage, Swedish massage and Thai Reflexology. Originally from a marketing background, Emily decided on a change of career several years ago and has been practising complimentary therapies since.

Kathy Kennedy

Originally comes from a nursing background offers a variety of massage therapies as well as Hypnotherapy, NLP, Reflexology and Reiki. She specialises in Aromatherapy and Swedish massage therapy, Advanced Remedial massage and Remedial Sports massage therapy.

Martin Julich

Originally from Germany, Martin is a director at the Rosemount Centre, where he practices Shiatsu and Chinese Herbal Medicine as well as working for CLAN. As a practitioner of Shiatsu since 1996, Martin is a registered teacher with the Shiatsu Society. Martin also teaches classes in Yoga, Qigong, Movement & Dance and Meditation.

Gail Selbie

As an Orthopaedic & Manipulative Massage Therapist who originally trained as a Physical Instructor in the 1980's, I became aware of the impact massager had on injury prevention, rehabilitation and wellbeing. I retrained as a Sports & Remedial, Advanced Remedial and Orthopaedic & Manipulative Massage Therapist and practice in Aberdeen.

Claire Graham

A CND qualified, mobile nail technician covering Aberdeen City. Claire was the first of only 8 people outside the US to gain the CND qualification of Master Painter and held the title of UK Mobile Nail Technician of the Year 2012.