

CUSHION PRICE
UNCHANGED
SINCE 2001!

Therapia

Edition 22 • 2011/1

Holistic Health Products • Aromatherapy Gifts • Essential Oils

INTRODUCING THE THERAPIA Massage Cushion

- The Therapia massage cushion works on the same principle as a hands-on massage without the need or cost of a professional therapist.
- It does the job just as well as expensive massagers costing ten times the price and is more comfortable to use.
- The cushion can be used on any part of the body, so if you have a particular ache or pain, place it where it hurts, but wherever you place it, it will still work on the whole circulatory system.
- In an armchair or sofa it fits in the neck and shoulder area for relief of tension headaches. It fits comfortably in the upper, middle or lower-back area for relief of back pain.
- For arthritic joints and sciatic pain place it against the hip, back of the thigh, or on the knee and experience relief in just 5 to 10 minutes.
- Place it under the calves to prevent leg cramps and at bedtime to prevent restless, fidgety legs.
- Use it on a long coach, car or plane journey to prevent cramps and muscle spasms and to reduce the risk of deep vein thrombosis (DVT) that results from sitting in one position for a long time. Airlines supply these cushions for the same reason.
- Rest sore, tired and aching feet on the cushion for a few minutes and feel the pain go away.
- The Therapia massage cushion is a wonderful gift for anyone with arthritis, back problems, poor circulation and for anyone who works hard and comes home tense, stressed out or very tired.
- Auto On/Off: the cushion has no switch — it is pressure activated and turns itself on when you press against it, and off again when no contact is applied. Sit down and it starts; get up, it stops.
- The cushion uses 2 D-size ('U2') batteries. Its new-technology motor uses economy batteries that will last for about 3 months if the cushion is used for about 20 minutes a day.
- The cover is cotton corduroy and can be removed for washing.
- Two-year unconditional written guarantee.
- Similar benefits as TENS devices
- Can be used in a wheelchair.
- Suitable for diabetics
- See *Additional Benefits* overleaf.

Price: £20 including a FREE set of batteries
Special Offer! Add an extra set of batteries for just £1.00 – shop/hotel sales only

Mail Order Freephone 0800 0747 319

Only £3.00 postage to all UK addresses

Cheque/s to: Therapia Life Ltd. Post to: 8 The Pavilion, Torquay TQ2 5EQ UK

FREE SAME-DAY DELIVERY SERVICE TO ALL TORBAY HOTELS!

Actual colours may vary.



Call 09.00–21.00 Monday–Saturday, 10.00–17.00 Sunday.
All major credit/debit cards accepted
We welcome...



visit our website:
www.therapiaonline.com
to see the cushion video

VISIT OUR SHOP IN

THE PAVILION SHOPPING CENTRE
TORQUAY HARBOURSIDE
Open daily 10am to 5.30pm

Unit 8 • Pavilion Shopping Centre • Torquay Harbourside • TQ2 5EQ • Freephone: 0800 0747 319
www.therapiaonline.com

Aromatherapy Snoring Cure: Do you know someone who snores?

Therapia's Ultimate Snoring Cure is a guaranteed aromatherapy cure that combines the therapeutic properties of the natural essential oils of lavender and marjoram contained in **two separate glass jars**.

Lavender is a proven sedative, it relaxes and helps induce sleep, is good for insomnia, depression and anxiety, boosts the immune system and relieves nervous headaches.

Marjoram is widely recognised as a cure for snoring on its own. It works on the lining in the back of the throat to lessen the vibrations in the soft palate and also clears the sinuses to help you breathe more easily. It is also for those who don't necessarily have difficulty getting to sleep but awaken easily and cannot get back to sleep due to 'mental chatter'. On its own marjoram has been proven[^] to help stop snoring... but combine it with lavender and we **absolutely guarantee*** that it will stop snoring, thus ensuring a proper night's sleep – every night – at a cost of just 30 pence per week.

Immediate, lasting results and so easy to use! Simply open the jars on the bedside table closest to the snorer two hours before going to bed and leave open all night. This will allow the fragrances to gradually fill the bedroom with their pleasant aromas, help you breathe more easily and **stop snoring**. Used in this way the jars will last for about 12 months.

Price: £18 for the two jars from the Therapia shop or by Mail Order UK: £21.



Mail Order Freephone
0800 0747 319

*98% success rate! Return within 28 days in a saleable condition with original packaging for refund if not satisfied. Always keep jars upright and close lids tightly when not using or moving them. Keep [jars] away from children, pets and direct sunlight. When the top of the sponge diffuser is significantly dry, replace lid and invert jar for a few minutes to recharge. Use a place mat, saucer or similar to protect polished or painted surfaces.
[^]For more information visit our website <http://www.therapiaonline.com/snoring.php>

The Lavender Ladies

A select range of lavender-fragranced aromatherapy gifts designed and manufactured exclusively for Therapia

DEEP-PURPLE LAVENDER LUXURY VELVETEEN DOLLS

Exquisite specially-designed and hand-made purple velveteen dolls in 4 sizes, all offering a sachet of relaxing lavender. 21cm doll with music (doll plays Disney's "It's A Small World") and with moving/rotating head.

- 10cm (4in.) Purple Lavender Keyring Doll. Price: £3
- 15cm (6in.) Purple Lavender Doll £6
- 21cm (8in.) Purple Lavender Musical Doll (Clockwork). Price: £10 P&P £2.50



LAVENDER FLOWER SEEDS & 100% PURE ESSENTIAL OIL

- Extra aromatic fine French lavender flower seeds from Provence packed in an organza drawstring bag. Small (c20gms) £1.50 each or 5 for only £5 P&P £2.50
- Large (c50gms) £3 each or 2 for only £5 or 5 for only £10 P&P £2.50
- Luxury deep-purple velour bag with c50gms extra aromatic lavender seeds £4 or 4 for £10
- 100% pure lavender essential oil (*Lavendula angustifolia*, France). The most versatile essential oil... – deeply calming, relaxing and balancing for mind & body. 10ml blue bottle: £5. 100ml: £30



"I Shall Wear Purple" Poem —The famous & highly amusing poem by Penny Joseph. A5 size printed on luxury card and perfect for framing or as a gift for a 'Red Hat' lady! £1.50 ea.



Massage Cushion

Additional Benefits

The Therapia Massage Cushion works on the same principal as devices used by physiotherapists and other practitioners (they are widely used in hospitals and nursing homes) and the main benefits include:

- Increase blood flow, boost circulation
- Stimulate lymphatic system
- Eliminate toxins and excess fluids
- Improve posture, muscle tone, mobility
- Ease RSI (repetitive strain injury)
- Relax back/neck muscles/ease pain
- Sooth tired feet, reduce tension
- Reduce swollen feet and ankles
- Lower the risk of DVT on long journeys
- Automatic – no switches, wires or plugs
- Designed to look like a normal cushion
- Cotton corduroy washable cover
- Uses standard D-size (U2) batteries
- 2-Year Written Guarantee

Notes: Price (airmail outside of the UK) to buy a Therapia Massage Cushion: EU – €28; USA/ROW – \$40 (subject to exchange rate). All major credit/debit cards accepted Tel. +44 1803 214570. email: info@therapiaonline.com. Cheque or Money Order payable to: Therapia Life Ltd. Cushion orders sent airmail do not include batteries due to weight restriction. We recommend economy zinc-carbon batteries.

More Therapia products...

- New! Supersoft and squishy classic microbead tube and U-shaped neck cushion. Mould to any shape. Perfect for travel. Washable. Only £10
- Essential Oils and aromatherapy supplies: We stock 40+ essential oils, all certified 100% pure with Latin name, country of origin and many sourced directly from the distiller.
- Complete range of fine lavender cosmetics, soaps, massage oils and other products. We stock Cotswold Lavender and Norfolk Lavender products. Cosy Crafts range of hot wheat bags.
- Huge choice of Devon Violet perfumes/gifts.
- Deep Spirit Music by Robert Nicholas for relaxation/meditation/visualization. Special price £6.
- Trade prices on selected items, call for details.

Therapia

8 The Pavilion Shopping Centre • Torquay TQ2 5EQ UK
Open daily 10.00–17.30 – 7 days/week

The small company that's big on service!

Visit our website for more product information and then call our Freephone orderline to speak to a *real* human being with *real* knowledge about all our products!

Mail Order Freephone 0800 0747 319
www.therapiaonline.com

Online since 2000



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Cannabis remedies by Therapia

Cannabis gets a bad press, even though it has been a valued herbal medicine for thousands of years. It was widely used medicinally until the 20th century but pressure from pharmaceutical companies resulted in it being outlawed, despite its well-documented medicinally-therapeutic properties.

Therapia's 100% pure Cannabis sativa essential oil is the legal alternative and although it comes from the cannabis plant it is very low in the psychoactive compounds – so it won't mess with your head or the law! With the recent launch of Sativex® (which claims to be "the first cannabinoid medicine derived from whole plant extracts from the cannabis sativa plant" and available only on prescription) attention is again on cannabis and its natural health properties. Therapia's formulations containing cannabis include:

Joint Cream (Original 'Magic' Arthritic Formula) with pure essential oils of Hemp (*Cannabis sativa*), Benzoin (*Styrax benzoin*), Lemon (*Citrus limonum*) and Ginger (*Zingiber officinalis*). Reduces pain, swelling and inflammation. 50g jar – £7.50 • 100g – £12. Mail order P&P: £1.50 for the first jar, £1 per each extra jar.

Muscle Ease A relaxing blend for tired, stiff muscles with pure essential oils of Hemp, Lavender (*Lavendula angustifolia*) and Sweet Marjoram (*Origanum Marjorana*). Warming, relaxing, soothing, analgesic, helps body & muscles to detoxify. Excellent for use after extreme exertion/sports. 50g jar – £7.50 • 100g – £12
Other formulations containing cannabis include: **'Exema' Skin Cream** with pure essential oils of Hemp, Lavender & Patchouli (*Pogostemon patchouli*). Reduces inflammation, alleviates irritation and promotes rapid healing. **'Psore-as-is Cream'** (also available as a shampoo), **'Gardeners' & Builders' Hand Cream**, **Foot Balm** and **Massage Oil**. All these remedies are a 3% total dilution of pure essential oils in an aqueous cream BP. Price: 50g jar – £7.50 • 100g jar – £12. 100% pure **Hemp Essential Oil** price: 5ml: £12; 10ml: £20.

