

Village business **Cindy Shannon** Clinical Aromatherapist

Cindy Shannon was born in Texas. She had no intention of moving to England until she met her husband, Tom. They married in America then she came to join him in Shipton.



Cindy with husband, Tom

Having trained as an Exercise Technologist specialising in cardiac rehabilitation Cindy had worked in a number of hospitals in the USA. Over here she decided to expand into clinical aromatherapy. She recently set up her own business in Milton -u-Wychwood joining Gordon Bosworth's team at the Breakspere Clinic.

"I worked for Gordon as a temporary receptionist when I first arrived in England," says Cindy. "I found I really liked what he stood for and I also admire him very much as a businessman."

Cindy's work is complementary to conventional physiotherapy. She often assists in relaxing a patients' muscles so that a physio can work on the injury more easily. However, this is just a small proportion of her daily work. She has many clients who seek her help in de-stressing, relaxing or simply easing tense or aching muscles.

She uses essential oils in her massage treatments which, when expertly combined to suit an individuals requirements, can

be of huge benefit to health and wellbeing.

The oils, which are a remedy, a tonic and a mood enhancer, can help in many areas of health including skin problems, sleep disruption, injury and depression.

"I like to take a holistic approach so I often ask my

clients about their lifestyle, diet and other factors which make up the whole person," explains Cindy. "Someone suffering from the effects of stress will find a relaxing massage really helps but, their symptoms might easily be prevented by a simple change in their diet."

Heart strings

Cindy often misses Texas and the family and close friends she left 5,000 miles away: "It does pull on the heart strings from time to time. I am a Texas girl at heart but the people over here have been very warm and welcoming. Moving to a new country has certainly helped to make me more well-rounded. It is a challenge I would recommend to anyone but learning to understand the irony in British humour is one of the biggest challenges of all!"

To contact Cindy call 01993 830913

Jan Harvey

Summer Concert

Roseneath School of Music

Summer Concert

Saturday June 14th, 7:30pm

at The Tiddy Hall, Ascott-under-Wychwood

With Special Guests Ian Lovell-Meade (Tuba) and Adrian Inscow (Piano)

Tickets £4.00 available from Pauline Carter 01993 774568

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