



*Scottish Massage  
Therapists Organisation*

# Directory of Therapists

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Aberdeen AB23 8QW**

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**Website: [www.scotmass.co.uk](http://www.scotmass.co.uk)**

**Spring 2009**

**Scottish Massage Therapists Organisation  
(SMTO)**

exists to promote Massage Therapy in all its forms as the very safe and effective therapy it is  
and also to maintain standards.

In this world of fast living, stressful lifestyles and chronic ailments with no cures,  
we would like you to

**TRY MASSAGE FIRST!**

Yes, before the surgery,  
the prescription for sleeping pills or whatever,  
you may well find that massage eases pain, helps you sleep,  
assists in getting more movement in stiff joints and much more;

**ALL TO CREATE A HEALTHIER YOU.**

Try massage to maintain the health you have – keeping your muscles and joints moving freely will  
help to keep you fit and happy. There are many other effects particularly involving the back.

Massage helps you feel more energetic and better able to cope.  
Feeling good helps the immune system.

Remedial Massage may well let you say ‘goodbye’ to back pain, sore neck, ‘frozen shoulder’ and the  
pain associated with such diseases as osteoporosis, arthritis, M.E., multiple sclerosis and many  
more...

**YOU MAY NOT HAVE TO LEARN TO LIVE WITH IT AFTER ALL.**

This Directory contains the details of Therapists who have trained to the standards required by this  
Organisation. These therapists will ask you lots of questions when you visit them (medical history) so  
that they will be able to advise you whether they think massage can help you or indeed, if massage is  
not the best treatment for you.

They will also be able to refer you to the therapist who would suit your needs best. They may also  
suggest that you see your doctor. We are all different so we must be treated individually.

**IF YOU WOULD LIKE A TALK AT YOUR LOCAL CLUB OR WOULD LIKE TO ATTEND A  
WORKSHOP TO LEARN SOME MASSAGE SKILLS FOR USE ON FRIENDS AND FAMILY,  
THEN PLEASE GET IN TOUCH!**

The SMTO also provides further training and refresher courses for therapists,  
and can supply you with details of training schools and courses in your area, if you are interested in  
such a career.

We have listed and briefly explained the therapies referred to at the back of our Directory to help  
you. If you do wish to discuss your particular case, or massage, then feel free to telephone the  
Therapist, or the SMTO (01224 822960), for advice.

**Remember: TOUCH IS ESSENTIAL FOR LIFE.**

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## SCOTLAND

### AB ~ Aberdeenshire / Moray

#### AB10

Helen Lee  
01224 593960  
**Aberdeen City Centre**  
Swedish Massage,  
Reflexology, Reiki Master,  
Thermo-Auricular Therapy

Jane McKay  
07788 724488  
**Aberdeen**  
Swedish Massage

Angela Penny  
07815 178276  
angela\_penny\_@hotmail.com  
**Aberdeen**  
Swedish Massage, Home  
Visits

Mandy Plumb  
07821 185571  
a.plumb@rgu.ac.uk  
**Aberdeen**  
Swedish Massage

Gail Selbie  
07754 037797  
gail.selbie@yahoo.co.uk  
**Aberdeen**  
Advanced Remedial Massage,  
Remedial and Sports  
Massage, Aromatherapy,  
Reflexology, On-Site, Indian  
Head Healing

Joan Sutherland  
01224 595352  
**Aberdeen City Centre**  
Remedial and Sports  
Massage, Swedish Massage,  
Reflexology, Reiki, Indian  
Head Massage, Pregnancy  
Massage

#### AB11

Christine Buckley  
01224 571821  
christine@fit-for-purpose.co.uk  
**Aberdeen**  
Swedish Massage

#### AB12

Donna Collie  
donna.collie@btinternet.com  
**Aberdeen**  
Swedish Massage, Home  
Visits

Natacha Seger  
01224 896949  
**Aberdeen**  
Chi Reflexology, Reiki,  
Swedish Massage, Angel  
Readings

#### AB13

Kristin Tallo  
01224 734526  
k.tallo@crss.org.uk  
**Aberdeen West**  
Swedish Massage, Rhythmical Massage Therapy

#### AB15

Janice Cooper  
01224 869106  
**Aberdeen West**  
Reflexology, Reiki, Home  
Visits

Joyce Duncan  
07719 658953  
**Aberdeen West**  
Therapeutic Massage,  
Remedial Massage,  
Reflexology, Reiki

Emily Garden  
01224 867195  
daveemily.garden@btinternet.com  
**Aberdeen West**  
Advanced Remedial Massage,  
Reflexology, Aromatherapy,  
Reiki, Reflexology Tutor

Ingrid Machell  
07843 061733  
ingrid@big-mountain.co.uk  
**Aberdeen**  
Remedial and Sports  
Massage, Swedish Massage

Ruth Peace  
07979 347274  
ruth.peace@sky.com  
**Aberdeen West**  
Swedish Massage, On-Site Massage, Indian Head Massage,  
Usui/Karuna Reiki, Hopi Candles with Oscope, Slavic  
Massage, Home Visits

#### AB16

Vanessa Black  
07748 055517  
arniebabe@btopenworld.com  
**Aberdeen**  
Swedish Massage

Rudolf Rezabek  
07912 791534  
aberdeenwrestling@hotmail.co.uk  
**Aberdeen**  
Remedial and Sports Massage

#### AB21

Ron Coutts  
01224 710000  
**Aberdeen West**  
Manipulative Therapy,  
Advanced Remedial Massage,  
Sports Therapist,  
Electrotherapy

Erika Cowie  
07707 942103  
**Aberdeen**  
Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Home  
Visits

Wendy Moir  
01224 790739/ 07854 806943  
moirmsayhem@btinternet.com  
**Kinellar**  
Swedish Massage

Helen Riach  
01224 714705  
**Aberdeen West**  
Swedish Massage,  
Aromatherapy, Reflexology,  
Indian Head Massage, Reiki

Karen Walker  
01224 716111/ 07969 303446  
kwtherapies@hotmail.co.uk  
**Aberdeen**  
Remedial and Sports Massage, Thai Massage, Swedish  
Massage, Reflexology, On-Site Massage, Reiki, Waxing,  
Manicures, Pedicures, Body Treatments

**AB22**

Michelle Anderson  
01224 823991

**Aberdeen**

Swedish Massage, Advanced  
Aromatherapy, Indian Head  
Massage, Reiki Master

Lynda Donald  
01224 707292  
info@yourbodyfirst.co.uk

**Aberdeen North**

Remedial & Sports Massage,  
Reflexology, Indian Head  
Massage, Swedish Massage,  
Thai Foot Massage, Japanese  
Hand Massage

Lynne Stewart  
01224 716111

**Aberdeen West**

Remedial & Sports Massage,  
Reflexology, Swedish Massage,  
Reiki, Indian Head Massage,  
Home Visits

**AB23**

Maggie Brooks-Carter  
01224 822956  
maggie@scotmass.co.uk

**Aberdeen North**

Osteopathy, Remedial Massage,  
Clinical Aromatherapy,  
Reflexology

Linda Mackay  
01224 821245  
lindamackayrmt@aol.com

**Aberdeen North**

Swedish Massage, On-Site Massage, Remedial & Sports Massage,  
Reflexology, Home Visits

**AB24**

Olga Allen  
01224 485334  
OlgaALLEN@MSN.COM

**Aberdeen**

Advanced Remedial & Sports  
Massage, Reflexology, Swedish  
Massage

Mei-Ling Browne  
meilingbrowne@hotmail.com

**Aberdeen**

Advanced Remedial Massage,  
Remedial & Sports Massage,  
Reflexology

Marta Pietrucin-Materek  
07791 707472  
martapietrucin@yahoo.com

**Aberdeen**

Swedish Massage

**AB24**

Ian Anderson  
07855 792476  
ian.anderson45@btinternet.com

**Aberdeen**

Remedial and Sports Massage,  
Swedish Massage

Lisa Davidson  
07793 214483  
lckd4@yahoo.co.uk

**Aberdeen**

Remedial and Sports Massage,  
Swedish Massage, Reflexology

Garry Nimmo  
01224 655401/402  
garry@activebalancemassage.com

**Aberdeen**

Manipulative Therapy, Advanced Remedial Massage, Remedial  
and Sports Massage, Swedish Massage, Orthopaedic Massage

**AB30**

Marjory Garriock  
01561 377187  
marjorygarriock@aol.com

**Laurencekirk**

Swedish Massage, Home Visits

**AB31**

Louise Kochalski  
07887 886199  
lkochalski@aol.com

**Aberdeen**

Swedish Massage

Cathleen Stein  
01330 825234

**Banchory**

Advanced Remedial Massage,  
Clinical Aromatherapy,  
Reflexology, On-Site Massage,  
Bowen Practitioner

**AB32**

Lorraine Forbes  
01224 741170  
stewart.forbes@tesco.net

**Aberdeen West**

Swedish Massage

Coreen Gillespie  
07941 800144  
coreengillespie@fsmail.net

**Aberdeen**

Swedish Massage, Remedial &  
Sports Massage, Reflexology,  
On-Site Massage, Indian Head  
Massage, Reiki, Home Visits

**AB33**

May Brander  
019755 81489  
mbrander81@btinternet.com

**Alford**

Advanced Remedial Massage,  
Remedial & Sports Massage,  
Swedish Massage, Reflexology,  
Baby & Infant Massage  
Instructor, Massage for people  
with Cancer, Reiki

Sonia Cameron  
019755 63052

**Alford**

Remedial and Sports Massage,  
Swedish Massage, Indian Head  
Massage, Reflexology

**AB34**

Jean McCulloch  
013398 86444  
jean@deesidegolf.com

**Aboyne**

Remedial & Sports Massage,  
Aromatherapy, Reflexology,  
Indian Head Massage, Shiatsu,  
Reiki (advanced), La Stone  
Therapy, T.A.Th (Therapeutic  
use of Hopi Ear Candles),  
(EFT) Emotional Freedom  
Techniques

Jean Souter  
013398 81459  
jeansouter@yahoo.co.uk

**Aboyne**

Swedish Massage, Remedial &  
Sports Massage, Clinical  
Aromatherapy, Reflexology,  
Reiki Master/Teacher, On-Site  
Massage, Massage for people  
with Cancer, No Hands  
Massage, Back Specialist  
Enhancement Training

Donna Speed  
07880 935803  
**Kincardine O'Neil**  
Swedish Massage

**AB35**

Lynn Park  
013397 56215  
lynn\_park@tiscali.co.uk

**Ballater**

On-Site Massage, Remedial & Sports Massage, Reiki, Indian Head Massage, Thermo-Auricular Therapy, Hydrotherm Massage, Swedish Massage, Mehra Healing Energy

**AB39**

Carolyn Duncan  
01569 760322  
carolyn.duncan@dsl.pipex.com

**Stonehaven**

Remedial and Sports Massage, Swedish Massage

Sandra Hart  
01569 764687  
sandraaustin.hart@btinternet.com

**Stonehaven**

Remedial and Sports Massage, Swedish Massage, Indian Head Massage, On-Site Massage

Linda Lawson  
01569 765427

**Stonehaven**

Swedish Massage, Remedial and Sports Massage, Reflexology

Anne Palmer  
01569 767423 / 07528 315727  
ivor@ivorpalmer.orangehome.co.uk

**Stonehaven**

Remedial and Sports Massage, Swedish Massage, On-Site Massage, Home Visits, Mobile

Allison Summers  
01569 764135  
allysummers@aol.com

**Stonehaven**

Swedish Massage, Reflexology, Home Visits, Relaxation Techniques, Hatha Yoga, Indian Head Massage  
www.theremedyroom.com

**AB41**

Sheila Brown  
01358 720790  
east.beach@virgin.net

**Ellon**

Advanced Remedial Massage, Anatomist, Tutor

Suzanne Collins  
01358 721020  
suzanne.collins@hotmail.co.uk

**Ellon**

Swedish Massage, Indian Head Massage, Reiki Practitioner

Anne Hayman  
01358 722747  
anne\_hayman@hotmail.com

**Ellon**

Swedish Massage, Remedial & Sports Massage

Lee-Anne Nicol  
01358 729283  
leggy66@sky.com  
Ellon

Remedial and Sports Massage, Swedish Massage

Maureen O'Brien  
01358 722537 / 07872 136803  
morah-ellon65@tiscali.co.uk

**Ellon**

Remedial and Sports Massage, Swedish Massage, On-Site Massage, Reflexology, Indian Head Massage

Rebecca Smith  
01651 806472  
beccasmith@live.co.uk

**Ellon**

Swedish Massage, Home Visits

Alexander Wales  
01358 722398  
alexanderwales@btinternet.com

**Ellon**

Advanced Remedial Massage, Swedish Massage, Remedial & Sports Massage, Reiki Master

**AB42**

Susan Dunn  
01779 841436  
susandunn@aol.com

**Hatton**

Remedial and Sports Massage, Swedish Massage

Allan Pringle  
01779 470125  
pringleann@aol.com

**Peterhead**

Swedish Massage, Home Visits, Evening & Weekend Appointments

**AB43**

Marie Duthie  
01346 514754  
marielisa2t@yahoo.co.uk

**Fraserburgh**

Remedial and Sports Massage, Swedish Massage, Indian Head Massage, On-Site Massage, Reflexology

Helen Pepper  
01346 532971  
helenlpepper@aol.com

**Fraserburgh**

Swedish Massage, Home Visits

**AB45**

Olwen Ann Christie  
01261 843680  
olwenac@yahoo.co.uk

**Portsoy**

Remedial and Sports Massage, Swedish Massage, Clinical Aromatherapy, Clinical Reflexology, Bowen Practitioner

Claire Easter  
01261 821327

**Banff**

Remedial and Sports Massage, Aromatherapy Massage, Swedish Massage, Reiki, Crystal Healing

**AB51**

Anne Gunn  
07789 318509  
anne.gunny@virgin.net

**Oldmeldrum**

Swedish Massage, Home  
Visits

Caroline Kennedy  
01467 622113

**Inverurie**

Swedish Massage, Clinical  
Aromatherapy, Infant  
Massage Instructor, Hopi Ear  
Candling

Margaret Nicol  
01464 841218  
mags.nicol@btopenworld.com

**Oldmeldrum**

Swedish Massage, Indian  
Head Massage, Reflexology,  
Reiki, Chi Reflexology,  
Slavic Massage, La Stone  
Massage Therapy

**AB52**

Tracey Braiden  
01464 851166 / 07717  
454721  
traceybraiden@hotmail.com

**Insch**

Swedish Massage, Home  
Visits

**AB54**

Daniella De Jonge  
07771 920752  
dkango18@hotmail.com

**Huntly**

Swedish Massage, Home  
Visits

**DD ~ Aberdeenshire / Angus****DD2**

Susannah Kippen  
01382 522543

**Dundee**

Swedish Massage, Remedial  
& Sports Massage,  
Reflexology, On-Site  
Massage, Reiki

**DD5**

Jenny Kidd  
01382 477704  
jenny.kidd36@btinternet.com

**Broughty Ferry**

Remedial and Sports  
Massage, Swedish Massage,  
Indian Head Massage, Home  
Visits, Fitness Instructor

Jane Henderson  
01467 641070  
janie185@yahoo.com

**Kemnay**

Swedish Massage, Home  
Visits

Michael Mackay  
01467 629654  
mikemackay75@hotmail.com

**Inverurie**

Swedish Massage, Home  
Visits

Melinda Plewa  
01651 806532 / 07989  
558879  
mmplewa@aol.com

**Oldmeldrum**

Remedial and Sports  
Massage, Swedish Massage,  
Reflexology, Home Visits

Hazel Jamieson  
01651 872983  
outdoorhj\_smtto@yahoo.co.uk

**Oldmeldrum**

Reflexology, Aromatherapy, Swedish/Remedial Massage,  
Thermo-Auricular Therapy and use of Otolaryngoscope, Home Visits,  
On-Site Massage, Dru Yoga, M Technique

Jan MacRae  
07752 892671  
thetwojaysmacrae@btinternet.com

**Inverurie**

Advanced Remedial Massage, Advanced Reflexology,  
Remedial & Sports Massage, Indian Head Massage, On-Site  
Massage, Pregnancy and Labour Massage

Sarah Presly  
01651 851 667  
sarahpresly@btinternet.com

**Oldmeldrum**

Swedish Massage,  
Reflexology

**AB53**

Sarah Kirk  
07980 789864  
s.kirk361@btinternet.com

**New Deer**

Swedish Massage, Home  
Visits

**AB55**

Janette Moore  
01542 880187  
janettemoore@btinternet.com

**Keith**

Remedial and Sports  
Massage, Swedish Massage,  
Reiki, Indian Head Massage,  
Home Visits

Sylvia Hay  
01464 841323 / 07817 877438

**Huntly**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Reiki,  
Home Visits

Carole Somerville  
01382 737990

**Dundee**

Holistic Massage

Pauline Patrick  
01382 778725  
pspatrick@hotmail.co.uk

**Dundee - Barnhill**

Swedish Massage, Remedial  
& Sports Massage,  
Reflexology, Indian Head  
Massage, Hot Stone Massage,  
Home Visits

**DD6**

Margaret Lynch  
01382 552793  
arl05uk@yahoo.co.uk

**Tayport**

Swedish Massage, Pilates  
Instruction, Home Visits

**DD10**

Rosamund Hoy  
01674 672184 / 07905  
524843

**Montrose**

Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Home  
Visits

**DG ~ Dumfries & Galloway****DG1**

Linda Currie  
01387 253005

**Dumfries**

Swedish Massage, On-Site Massage, Reiki, Cranio-Sacral  
Therapy, Advanced Remedial & Sports Massage, Integrated  
Myofascial Therapy, Reflexology, Slavic Massage, Thermo-  
Auricular Therapy

**DG9**

Denise Brawls  
01776 707164 / 01776 889944  
Den.brawls@btinternet.com

**Stranraer**

Swedish Massage, Beautician, Sports & Remedial Massage,  
On-Site Massage, Integrated Myofascial Release, Reflexology

**EH ~ East Lothian / Midlothian / West Lothian****EH3**

Lynne Cockburn  
0131 557 6025  
lynnecockburn@yahoo.com

**Edinburgh North**

Swedish Massage, Remedial  
& Sports Massage

Karine Harding  
07908 111429  
k\_morand\_is@hotmail.com

**Edinburgh**

Therapeutic Massage, Slavic  
Massage, On-Site Massage

**EH4**

Kim Cunningham  
0131 339 2417  
**Edinburgh North**  
Remedial & Sports Massage

Louise Dickson  
07901 980220  
**Edinburgh**  
Swedish Massage, Indian  
Head Massage, Home Visits

Sara Knight  
0131 447 4676  
saraknightt@hotmail.com

**Edinburgh**

Therapeutic Massage,  
Remedial and Sports  
Massage, Relaxation Massage

Elizabeth MacKay  
0131 343 2216  
liz.mackay@hotmail.co.uk  
**Edinburgh West**  
Swedish Massage, Indian  
Head Massage, EFT

**DD9**

Fiona Hesketh  
01356 630265  
fionahesketh@fsmail.net

**Brechin**

Swedish Massage, Remedial  
& Sports Massage, Home  
Visits

Nicola Nicol  
07866 617393 / 01356 670415  
anicnicol@doctors.org.uk

**Brechin**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Indian Head  
Massage, Home & Clinic  
Appointments, Swedish  
Massage, Gift Vouchers

**DD11**

Meg Lynch  
01241 871999

**Arbroath**

Aromatherapy, Swedish  
Massage, Sports and  
Remedial Massage, On-Site  
Massage, Reiki

Susan Starkey  
01241 873423

**Arbroath**

Swedish Massage, Clinical  
Aromatherapy, Reflexology,  
Pre- and Perinatal Massage  
Therapy, Home Visits

**DG2**

Jean Rennie  
01387 250007  
jimandjeanrennie@aol.com

**Dumfries**

Remedial & Sports Massage, Swedish Massage, Seated  
Acupressure Massage, Reiki, Indian Head Massage, Thermo-  
Auricular, Slavic Massage, Reflexology, Deep Tissue, Body  
Work, Therapy Room or Home Visit

Penny Wall  
07977 995634  
penny@pennywalltherapies.com

**Edinburgh City Centre**

Swedish Massage, Aromatherapy, Acupressure, Pregnancy  
Massage, La Stone Therapy

Deirdre Flood  
0131 332 3992  
deirdre.flood@gmail.com

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage

Natasha Guise  
0131 270 4586  
natasha.guise@jpmorgan.com

**Edinburgh**

Swedish Massage

Tanya Mann  
0131 339 6147  
tanya.mann@btinternet.com

**Edinburgh North**

Manipulative Therapy,  
Advanced Remedial Massage,  
Remedial & Sports Massage

Diane McLachlan  
0131 312 7638 / 07773 438345  
di\_mclachlan@yahoo.co.uk

**Edinburgh**

Massage Therapist,  
Reflexology, Remedial &  
Sports Massage, On-Site  
Massage, Indian Head  
Massage

**EH4 (cont)**

Gavin McVeigh  
07790 267323  
gamcveigh@hotmail.com

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage

**EHS**

Rebecca Bell  
07504 812345  
rbadambrae1@netscape.net

**Edinburgh**

Swedish Massage, Thai Foot  
Massage Therapist

Sarah Gerrish  
0131 551 3409

**Edinburgh**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Swedish Massage

Carolyn Warnock  
0131 551 1564  
carolynwarnock@btinternet.com

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage

**EH6**

Rosemary Blaikie  
0131 467 1988 / 07817 928787  
RAB5602@blueyonder.co.uk

**Edinburgh**

Swedish Massage, Indian  
Head Massage, Home Visits

Kim Crowther  
0131 467 2188 / 07979 050451  
kim.crowther@blueyonder.co.uk

**Edinburgh**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Swedish Massage

Colin Gordon  
07958 010879  
col.gordon@hotmail.com

**Edinburgh**

Advanced Remedial Massage,  
Remedial & Sports Massage,  
Swedish Massage

Ian Martin  
0131 202 7046  
info@iandmartin.co.uk

**Edinburgh**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage

Morticia Martin  
07876 785465

**Edinburgh North**

Swedish Massage, On-Site  
Massage, Indian Head  
Massage

Bruno Miorin  
0131 553 7091  
info@massageconcept.co.uk

**Edinburgh**

Swedish Massage, On-Site  
Massage, Deep Tissue,  
www.massageconcept.co.uk

Ruth Pettit  
07963 064902  
ruthpettit@yahoo.co.uk

**Edinburgh**

Swedish Massage

Frances Tierney  
0131 553 1930  
fran.tierney@blueyonder.co.uk

**Edinburgh**

Advanced Remedial Massage,  
Swedish Massage

**EH7**

Cassandra Ringstrom  
07949 694613  
cringstrom@yahoo.se

**Edinburgh**

Swedish Massage,  
Reflexology, Remedial &  
Sports Massage, Hydrotherm

Joan Roberts  
**Edinburgh**  
Advanced Remedial Massage

Emma Roe  
07812 168294  
**Edinburgh**  
Holistic Massage, Indian  
Head Massage, Holistic  
Facials www.emmaroe.co.uk

Deanne Tomasino  
07940 474146  
deannetomasino@yahoo.co.uk  
**West & Central Edinburgh**  
Therapeutic, Sports and  
Remedial Massage, Indian  
Head Massage, Craniosacral  
Therapy, Somato Emotional  
Release  
www.tomasinotherapies.co.uk

**EH8**

Neil Craig  
07783 806830  
neilcraig21@hotmail.com

**Edinburgh**

Swedish Massage

Alan Lunn  
0131 662 1896  
alan@optimalfitness.co.uk  
**Edinburgh East**  
Advanced Remedial Massage,  
On-Site Massage, Personal  
Training, Corrective Exercise,  
Cranio-sacral Therapy

Corina Lunn  
0131 662 1896  
corina@optimalfitness.co.uk  
**Edinburgh East**  
Advanced Remedial Massage,  
Swedish Massage, Corrective  
Exercise, Personal Training,  
Cranio-sacral Therapy

Alison Milligan  
07870 969649  
alibee2@hotmail.com  
**Edinburgh**  
Swedish Massage

Caroline Steele  
0131 258 0485  
**Edinburgh**  
Swedish Massage

Anna Liza Sulit  
07752 917663  
anna\_liza\_sulit@myway.com  
**Edinburgh**  
Swedish Massage, Indian  
Head Massage, Home Visits

Moira Turner  
0131 661 4842  
MOIRATURNER@blueyonder.co.uk  
**Edinburgh East**  
Clinical Aromatherapy,  
Remedial & Sports Massage,  
On-Site Massage, Advanced  
Bowen Therapeutic  
Techniques, Home Visits,  
Infant Massage Instructor,  
Indian Head Massage,  
Advanced Slavic Massage,  
Bach Flowers

Andrea Baxter  
0131 667 7045  
dsr254v@yahoo.co.uk  
**Edinburgh South**  
Swedish Massage, Indian  
Head Massage, Reflexology,  
Manual Lymph Drainage,  
Reiki, Pre-and Perinatal  
Massage, (Mobile locally),  
Thermo-Auricular Therapy,  
Combined Decongestive  
Therapy, MLD,  
Lymphoedema

**EH9**

Felicity Bradley  
07796 693382  
felicitybradley@mac.com

**Edinburgh**

Sports and Remedial  
Massage, Swedish/  
Therapeutic Massage,  
Pregnancy Massage, Evening  
and Weekend appointments  
available

Patricia Sinclair  
0131 667 4250

**Edinburgh South**

Swedish Massage, Home Visits

Siobhan Gilliland  
0131 667 3255  
sfgilliland@blueyonder.co.uk

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage,  
Home Visits

Brianna Hagerty  
0131 221 0589  
rejuvin8@hotmail.co.uk

**Edinburgh**

Remedial and Sports  
Massage, On-Site Massage,  
Swedish Massage

Catherine Ryan  
0131 447 0930  
catherine.ryan@talk21.com

**Edinburgh South**

Swedish Massage, On-Site  
Massage, Reiki

**EH10**

Christine Black  
0131 447 2677  
christine@christineblack.co.uk

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Pregnancy  
Massage, Baby Massage

Alison Brown  
0131 221 8002  
agb@alisonbrown.co.uk

**Edinburgh South**

Swedish Massage, Remedial  
& Sports Massage, Advanced  
Remedial Massage

Victoria Coates  
07900 986863  
victoria@coates-care.com

**Edinburgh South/City Centre**

Swedish Massage, Indian Head Massage, On-Site Massage,  
Slavic Massage, Usui Reiki Practitioner, (EFT) Emotional  
Freedom Techniques, Thermo-auricular therapy, Thai Foot  
Massage

Tana Collins  
0131 447 5998  
tanacollins@blueyonder.co.uk

**Edinburgh South**

Swedish Massage, Indian  
Head Massage

Benedetta d'Aragona  
0131 447 4421  
massage@easynet.co.uk

**Edinburgh South**

Therapeutic Massage,  
Advanced Remedial Massage,  
On-Site Massage, Lymphatic  
Drainage Massage, Indian  
Head Massage, Reflexology,  
Pre & Perinatal Massage,  
Craniosacral Therapy

Gillian Fordyce  
0131 247 3053 / 07973 800917  
gfordyce@bma.org.uk

**Edinburgh**

Swedish Massage, Remedial  
and Sports Massage

Susan Laidlaw  
0131 447 5759/ 07940  
329668

suzielaidlaw@hotmail.com

**Edinburgh & Kelso**

Swedish Massage, Home  
Visits Remedial and Sports  
Massage

Fiona F Laing  
0131 447 0559  
fionaflaing@aol.com

**Edinburgh South**

Swedish Massage, Remedial  
& Sports Massage, Indian  
Head Massage, Clinical  
Aromatherapy, Clinical  
Hypnosis, Cognitive  
Behavioural Hypnotherapy

Anne Nash  
07879 448181  
anne@nashes.co.uk

**Edinburgh**

Swedish Massage

Carol Walker  
07720 560756  
carol\_walker@hotmail.co.uk

**Edinburgh**

Swedish Massage

**EH11**

Kay Davidson  
0131 337 0439  
kayfd@blueyonder.co.uk

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage

Kirsty Forbes  
0131 476 9462

**Edinburgh West**

Swedish Massage, Remedial  
& Sports Massage, On-Site  
Massage

Emma Giles  
07764 488339  
emma.giles@blueyonder.co.uk

**Edinburgh**

Swedish Massage

Paula Lee  
0131 478 2736  
Paulak\_lee@hotmail.com

**Edinburgh**

Swedish Massage, On-Site  
Massage, Massage Parties  
(Ladies only), Home Visits  
may be arranged

Lynne Mollison  
0131 313 1626 / 07719 165238  
lynne\_mollison@yahoo.com

**Edinburgh**

Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Indian Head  
Massage, Hot Stone Massage

Jacqueline Murray  
0131 453 2915  
jack\_murray16@hotmail.com

**Edinburgh**

Swedish Massage, Home  
Visits, Fitness Training, On-  
Site Massage

## **EH12**

Katherine Arnott  
07704 304411  
katearnott@blueyonder.co.uk  
**Edinburgh North**  
Swedish Massage,  
Reflexology, Indian Head  
Massage, Reiki

Diane Duguid  
0131 339 5029  
diane.duguid6@virgin.net  
**Edinburgh**  
Remedial and Sports  
Massage, Swedish Massage,  
Indian Head Massage, Thai  
Foot Massage, Reflexology

Sevi Haig  
0131 467 1176  
**Edinburgh**  
Swedish Massage

Vivian Bagley  
0131 313 1892  
bagley@blueyonder.co.uk  
**Edinburgh**  
Swedish Massage, Indian  
Head Massage

Scott Duguid  
0131 339 5029  
scott.duguid6@virgin.net  
**Edinburgh**  
Swedish Massage

Kerry Kelly  
0131 476 3942  
**Edinburgh**  
Swedish Massage, Indian  
Head Massage

Pamela Dobbie  
0131 478 9737 / 07932 587422  
p.dobbie@blueyonder.co.uk  
**Edinburgh City Centre**  
Advanced Remedial Massage, Remedial & Sports Massage,  
On-Site Massage, Infant Massage Instructor, Cranio-sacral  
Therapy, Somato Emotional Release

Lorna Forrester  
07759 944135  
relax@on-site-relaxation.co.uk  
**Edinburgh West**  
Remedial & Sports Massage, On-Site Massage, Pre, Peri &  
Postnatal Massage, Indian Head Massage, Slavic Massage,  
Reflexology, Clinical Aromatherapy, Swedish Massage, Hopi  
Ear Candling

Ian Smith  
07899 775499  
iansmith137@hotmail.com  
**Edinburgh**  
Remedial and Sports  
Massage, Swedish Massage,  
Reiki, Sekem, Home Visits

Nora Struckmeier  
0131 313 3098  
n.struckmeier@virgin.net  
**Edinburgh**  
Swedish Massage

## **EH13**

Anne-Marie Birch  
07971 801746 / 0131 441 9247  
anne-marie@intouch-therapy.co.uk  
**Edinburgh South**  
Swedish Massage, Reiki, On-Site Massage, Cranio-sacral  
Therapy SER1, Remedial & Sports Massage, Transformational  
Breathing

## **EH14**

Susan Cockburn  
0131 443 1055  
susancockburn@hotmail.com  
**Edinburgh South**  
Remedial and Sports Massage, Swedish Massage, Indian Head  
Massage, Pre-natal Massage Therapy, Reflexology, Clinical  
Aromatherapy, On-Site Massage, Thermo-Auricular Therapy,  
Advanced Emotional Freedom Techniques, Healer Member of  
the NFSH

Evelyn Mathers  
0131 449 4028  
evelyn.mathers@btinternet.com  
**Edinburgh South**  
Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage

Sara Priestley  
0131 449 7399 / 07766 514150  
sara.priestley@fsmail.net  
**Edinburgh South**  
Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Home  
Visits, Advanced Remedial  
Massage

Ross Fulton  
0131 538 5151  
rossandstella@blueyonder.co.uk  
**Currie - Edinburgh**  
Remedial and Sports  
Massage, Swedish Massage

Andrei Tchoubkovets  
0131 477 6085  
smaidanga@yahoo.co.uk  
**Edinburgh**  
Swedish Massage, Home  
Visits Available, Reiki

Jennifer MacDonald  
0131 449 4145  
macother@yahoo.com  
**Edinburgh South**  
Swedish Massage, Remedial  
& Sports Massage,  
Reflexology, On-Site  
Massage, Home Visits

## **EH15**

Mary Bowie  
0131 669 6200  
mtbowie@live.co.uk  
**Edinburgh**  
Therapeutic Massage,  
Swedish Massage

Jane Jamieson  
0131 657 1333  
jane@enable-tech.com  
**Edinburgh East**  
Remedial & Sports Massage, On-Site Massage, Cranio-sacral  
Therapy, Infant Massage Instructor, Metamorphic Technique,  
Touch for Health Kinesiology Instructor, Visceral  
Manipulation, Neurostructural Integration Technique, Living  
Food courses, Pilates www.enabling-health.com

Stuart Lee  
0131 669 9468  
s\_pl@hotmail.co.uk  
**Edinburgh**  
Swedish Massage

**EH15 (cont)**

Lynsey MacKenzie  
07849 300126  
lynsmackenzie@hotmail.com  
**Edinburgh**  
Remedial and Sports  
Massage, Swedish Massage,  
Indian Head Massage, Home  
Visits

Colin Russell  
0131 669 1790  
**Edinburgh East**  
Swedish Massage, Home  
Visits

**EH16**

Joyce Gillespie  
07711 788123  
info@irismassageventure.co.uk  
**Edinburgh**  
Swedish Massage, Cancer  
Patients only

Jacqui Loudon  
0131 672 1264  
**Edinburgh**  
Swedish Massage, Remedial  
and Sports Massage, Cranio-  
sacral Therapy, Bach Flower  
Remedies, On-Site Massage

Jamie McCall  
07515 127665 / 0131 667 5977  
jamiemcc48@hotmail.com  
**Edinburgh**  
Swedish Massage, Cranio-  
Sacral Therapy, Reflexology

Peter Millican  
0131 621 1620  
peter.millican@selex-sas.com  
**Edinburgh**  
Remedial & Sports Massage,  
Reiki, Swedish Massage,  
Home Visits

Neil Munro  
0131 667 1703  
**Edinburgh**  
Holistic Massage, Slavic  
Massage, Indian Head  
Massage

Susan Stoker  
07929 712256  
sue.stoker@blueyonder.co.uk  
**Edinburgh**  
Remedial and Sports  
Massage, Swedish Massage

**EH19**

Neil Briggs  
0131 454 1710  
neil.briggs@simpsonlabel.co.uk  
**Bonnyrigg**  
Swedish Massage, Remedial  
& Sports Massage, Home  
Visits

**EH21**

Evelyn Mallon  
0131 665 3128 / 0131 556 1586  
physio57b@aol.com  
**Edinburgh**  
Swedish Massage

Bernard Morocco  
0131 665 4509  
**Musselburgh**  
Sports Therapy, Remedial  
Massage, Foot Care

**EH22**

Alistair Black  
0131 654 1626 / 07876 781524  
**Dalkeith**  
Swedish Massage, Home  
Visits

Gillian Davis  
0131 663 8540  
gilliandavis2002@yahoo.co.uk  
**Newtongrange**  
Swedish Massage

Barbara Fairbairn  
01875 822788  
barbara\_fairbairn@hotmail.com  
**Newton Grange**  
Swedish Massage, Remedial  
& Sports Massage, Thai  
Reflexology, EFT, Thai Foot  
Massage

Maureen Purves  
0131 654 9707  
**Dalkeith**  
Remedial and Sports  
Massage, Swedish Massage

Alan Thomson  
0131 660 5094  
alanthomson26@hotmail.com  
**Dalkeith**  
Swedish Massage, On-Site  
Massage, Home Visits, Events

**EH25**

Evelyn Courtney  
0131 448 2341  
evelyncourtney@hotmail.com  
**Roslin**  
Swedish Massage

Lynn McFadyen  
0131448 2568  
lynn@themoatcottage.com  
**Roslin**  
Remedial and Sports  
Massage, Swedish Massage,  
Reiki

Sue Walker  
0131 440 1372  
sue.walker4691@amservice.com  
**Roslin**  
Reflexology, Swedish Massage, Indian Head Massage, On-Site  
Massage, Reiki, Baby Massage Instructor

**EH26**

Jean Neill  
0131 448 0101  
jeanneill23@yahoo.com  
**Rosewell**  
Advanced Remedial Massage, Remedial & Sports Massage,  
Indian Head Massage, Reiki

### **EH32**

Margaret Grieve  
01875 814527  
mgtherapies@btinternet.com

#### **Prestonpans**

Swedish Massage,  
Reflexology, On-Site  
Massage, Clinical  
Aromatherapy, Slavic  
Massage, Advanced Hands  
Free Techniques, Hot Stone  
Therapy, www.mgtherapies.com

### **EH33**

Fiona McKenzie  
07743 201269  
fcp.mckenzie@virgin.net

#### **East Lothian**

Advanced Remedial Massage,  
Remedial & Sports Massage,  
Swedish Massage, Hot Stone  
Massage, Indian Head  
Massage

### **EH39**

Barbara White  
01620 895756  
barbaradew@hotmail.com

#### **North Berwick**

Swedish Massage, Reiki  
Practitioner - 3rd Degree,  
Clinical Aromatherapist

### **EH41**

Dawn Cowan  
07890842995  
cowand@ymail.com

#### **Haddington**

Remedial and Sports  
Massage, Swedish Massage,  
Slavic Massage, Home Visits

### **EH44**

Mary Sharratt  
01896 830673 / 07914 905417  
ben.sharratt@tiscali.co.uk

#### **Innerleithen**

Remedial and Sports  
Massage, Therapeutic &  
Foundation Remedial  
Massage, Indian Head  
Massage

### **EH46**

Sheena Livingstone  
01968 661282  
sheena.amts@virgin.net

#### **West Linton**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Swedish Massage,  
Indian Head Massage

Lorna McLeod  
07825 439555  
mcleodtherapies@tiscali.co.uk

#### **Port Seton**

Swedish Massage

Doreen Netley  
01875 814267

#### **Port Seton**

Swedish Massage, On-Site  
Massage, Remedial & Sports  
Massage, Infant Massage  
Instructor, Indian Head  
Massage, Hot Stones  
Massage, Tuina Hand and  
Foot Massage

### **EH34**

Rosalyn Donaldson  
07968 344828  
rosdonaldson@hotmail.com

#### **Pencaitland**

Swedish Massage, Remedial  
& Sports Massage, Clinical  
Aromatherapy

Lisa McIntosh  
01875 340292  
lisa@mcintosh2263.freeserve.co.uk

#### **Pencaitland**

Clinical Aromatherapy,  
Reflexology, Home Visits,  
Reiki, On-Site Massage,  
Indian Head Massage

Cara Martin  
07793 003510  
toptotoe\_therapy@yahoo.co.uk

#### **Haddington**

Remedial and Sports  
Massage, Home Visits and  
Clinic appointments available

### **EH45**

Vicky Laidlaw  
01721 721484

#### **Peebles**

Aromatherapy, Daoyin Tao,  
On-Site Massage

### **EH47**

Callum McLay  
01506 633008  
callummclay@tiscali.co.uk

#### **Seafield**

Swedish Massage, Indian  
Head Massage, Reiki,  
Massage in Schools  
Instructor, Home Visits, Table  
Thai Massage

**EH49**

Geraldine Dalgleish  
01506 844066  
geraldinedalgleish@gmail.com

**Linlithgow**

Swedish Massage, Clinical Aromatherapy, Indian Head Massage, Reflexology, Hot Stone Massage, Reiki, Natural 'Face Lift' Massage,  
www.midastouchmassage.co.uk

Breda Sneddon

01506 671529

Bredasneddon@aol.com

**Linlithgow**

Swedish Massage, Herbal Medicine, Aromatherapy, Home Visits

**EH53**

Gary Doull / Simply Relax  
01506 883603 / 07770 600152  
gary.doull@blueyonder.co.uk

**East Calder**

Swedish Massage, Slavic Massage, Home Visits

**EH54**

Patricia Aitchison  
01506 414783  
Theaitchisons@aol.com

**Murieston, Livingston**

Advanced Remedial Massage, Remedial & Sports Massage, On-Site Massage, Reflexology

Norma Gray

07768 744911

ngray@franklintempleton.co.uk

**Livingston**

Swedish Massage

Ruth Orr

01506 845237

ruthorr52@hotmail.com

**Linlithgow**

Swedish Massage, Indian head Massage, Home Visits

Christine Cowan

01506 411487

cowan382@aol.com

**Livingston**

Swedish Massage, Reflexology, Reiki, Emotional Freedom Techniques, Hopi Ear Candles

Jennifer Henck

01506 493404

j.henck@blueyonder.co.uk

**Livingston Village**

Swedish Massage, Reiki, Enrolled Nurse, Cranio-sacral Therapy, Indian Head Massage, Slavic Massage, Thai Foot Massage

Mandy Robertson

0131 449 4422

hazardsnil@btinternet.com

**Edinburgh**

Remedial and Sports Massage, Swedish Massage

Thomas Cowan

01506 411487

**Livingston Village**

Remedial and Sports Massage, Swedish Massage, Reiki, Indian Head Massage, On-Site Massage, Home Visits, www.tomcowan.co.uk

Martin Henck

01506 493404

Henck.Massage@blueyonder.co.uk

**Livingston Village**

Advanced Remedial Massage, Sports Massage, Cranio-sacral Therapy

Irene Sandham

01506 846799

**Linlithgow**

Remedial and Sports Massage, Swedish Massage, Indian Head Massage, Natural Lift Facial Massage, Spiezia Organics Head In Heaven Facials

Caroline Dunn

07739 644126

caroline.dunn1@sky.com

**Livingston**

Swedish Massage, Remedial and Sports Massage

Lesley Robertson

01506 419400

ljrobertson33@hotmail.com

**Livingston**

Swedish Massage, Remedial & Sports Massage, Indian Head Massage, On-Site Massage, Reiki, Thermo-Auricular Therapy, Reflexology

**FK ~ Falkirk / Clackmannanshire / Stirlingshire****FK1**

Brian Laing

01324 621124

brianlng@blueyonder.co.uk

**Falkirk**

Swedish Massage, Remedial and Sports Massage

Lindsey Turner

01259 216179

lins.free-motion@hotmail.co.uk

**Falkirk**

Remedial and Sports Massage, Holistic Massage, Equine Sports Massage, Ear Candling, Indian Head Massage

**FK2**

Susan Mollison

01324 630888

info@sumotherapies.com

**Falkirk**

Advanced Remedial Massage, Remedial and Sports Massage, Swedish Massage, Clinical Aromatherapy, Reflexology

**FK4**

Diane Ferguson

07745 804010

**Falkirk**

Swedish Massage, Clinical Aromatherapy, Reiki, Indian Head Massage, Fitness Instructor

**FK7**

Angela Keith

01786 818875

angela.keith@skeochfarm.co.uk

**Stirling**

Swedish Massage, Indian Head Massage, Reflexology, Home Visits

**FK8**

Grania Ingleby  
07793 886182  
graniaingleby@hotmail.com

**Stirling**

Advanced Remedial Massage, Remedial and Sports Massage,  
Swedish Massage, Home Visits

**FK9**

Sandra Fisher  
01786 833493  
4.fisher@tiscali.co.uk

**Bridge of Allan**

Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage

Irene Glassey  
01786 462868

**Stirling**

Clinical Aromatherapy,  
Reflexology

Alan Hay  
01786 833790  
alanhay@biomec.co.uk

**Bridge of Allan**

Advanced Remedial Massage,  
Remedial & Sports Massage,  
On-Site Massage, Home  
Visits, www.sportsmasseus.com

Gillian Webster  
01786 834757  
info@gillwebster.com

**Bridge of Allan**

Advanced Remedial Massage,  
Swedish Massage, Remedial  
& Sports Massage, Body  
Control Pilates Instructor,  
Reiki & Seichem Master,  
Traditional Thai Yoga  
Massage, www.gillwebster.com

**G ~ Dunbartonshire / East Renfrewshire / Lanarkshire / Lanarkshire – North / Lanarkshire – South / Stirlingshire****G3**

Erin Clarke  
0141 204 4826  
erin@on-form.co.uk

**Glasgow City**

Remedial and Sports Massage, Swedish Massage, Home Visits/Events

**G11**

Samara Ablett  
0141 632 4028  
sam\_ablett@yahoo.com

**Glasgow**

Swedish Massage

Louise Davidson  
0141 334 9615  
firedance100@hotmail.com

**Glasgow North**

Clinical Aromatherapy,  
Therapeutic Healing

Margot Manson  
0141 339 6665

**Glasgow**

Remedial and Sports  
Massage, Swedish Massage

John McGeady  
07786 736906

**Glasgow**

Swedish Massage, Remedial  
and Sports Massage, Home  
Visits

Martine Wong  
07828 183369  
massagemartine@hotmail.co.uk

**Glasgow**

Swedish Massage, Home Visits

**G14**

Michael McCrory  
0141 952 5381 / 07734 768127

**Glasgow**

Remedial and Sports  
Massage, Swedish Massage

**G20**

Diarmid Baillie  
07792 775885  
diarmidbaillie@gmail.com

**Glasgow**

Therapeutic Massage,  
Psychotherapy, Hakomi

John McGeady  
07786 736906

**Glasgow**

Swedish Massage, Remedial  
and Sports Massage, Home  
Visits

**G23**

Gerard Kane  
0141 946 2864  
gerk70@yahoo.co.uk

**Glasgow**

Swedish Massage

Sharon Moran  
07531 079871  
sharon.moran10@btinternet.com

**Glasgow**

Remedial and Sports  
Massage, Swedish Massage

**G31**

Janine Aire  
07890 471584  
complementary\_therapies@hotmail.co.uk

**Glasgow**

Reflexology, Indian Head  
Massage, Aromatherapy,  
Advanced Reiki, Hot Stone  
Therapy, Celtic Reiki, Reiki  
Master/Teacher

Elizabeth Ann Dick  
07854 194047  
complementary-therapies@hotmail.co.uk

**Glasgow**

Reflexology, Reiki,  
Aromatherapy, Hot Stone  
Therapy

Caroline Robertson  
07955 388815

**Glasgow East**

Swedish Massage, Indian  
Head Massage, Reflexology

**G33**

Alistair Gray  
0808 144 8942  
enquiries@grays-fitness.co.uk  
**Stepps, Glasgow**  
Swedish Massage, Remedial  
and Sports Massage

Scott Liddell  
0141 770 6148  
**Glasgow West**  
Remedial & Sports Massage

**G41**

Imran Alam  
07968 708782  
imran@awazuk.com  
**Glasgow**  
Swedish Massage, Home  
Visits

**G42**

Andrew Aitken  
07860 714696 / 0141 339 4340  
**Glasgow**  
Remedial Massage, Sports, Relaxation Massage, Pregnancy  
Massage, Back Pain, Sciatica, Headaches, Posture

**G43**

Lynda Frazer  
0141 586 0961  
**Glasgow South**  
Swedish Massage, Remedial & Sports Massage, On-Site  
Massage, Indian Head Massage, Thermo-Auricular Therapy,  
Home Visits

**G44**

Aelrid Turner  
0141 637 0797  
aelridturner@hotmail.co.uk  
**Glasgow**  
Holistic Massage, Indian  
Head Massage, Home Visits

**G46**

Kirsteen Monteith  
0141 638 0609  
kirsteenmonty@btinternet.com  
**Giffnock**  
Swedish Massage, Hot Stone  
Therapy, Home Visits

Anne Tainsh  
0141 620 0502  
**Glasgow**  
Swedish Massage

**G52**

Joanne Gorman  
07738 871347  
joanne.gorman@gmail.com  
**Glasgow**  
Swedish Massage, Indian  
Head Massage, Home Visits

James Morrow  
0141 427 2026  
James@massageis.plus.com  
**Glasgow South**  
Swedish Massage, On-Site  
Massage, Home Visits

**G60**

Walter Brown  
07899 918323  
wattybroon@googlemail.com  
**Glasgow**  
Swedish Massage,  
Aromatherapy

Samantha Porter  
01389 877999  
info@alternativetherapy.tv  
**Clydebank**  
Seated Acupressure Massage, Clinical Reflexology, Clinical  
Aromatherapy., Therapeutic Massage, Reiki, Indian Head  
Massage, Hot Stone Massage, Ear Candling

**G61**

Sandra Gerrie  
0141 570 2940 / 07885  
477313  
j.gerrie@ntlworld.com  
**Glasgow North**  
Swedish Massage, Home  
Visits

Rona Macleod  
0141 560 4424  
cloud-9@ntlworld.com  
**Bearsden - Glasgow West**  
Swedish Massage, Events/Work Visits, On-Site Massage, Reiki  
Master/Teacher, Indian Head Massage, Thai Foot Massage,  
Manual Lymphatic Drainage, Massage in Schools Instructor,  
Hot Stone Massage Therapy, Clinical Hypnotherapy, Cognitive  
Behavioural Hypnother

Linda McDonald  
0141 943 2812  
lmcd33@hotmail.co.uk  
**Glasgow**  
Swedish Massage, Remedial  
& Sports Massage, Seated  
Acupressure Massage,  
Reflexology, Clinical  
Aromatherapy, Body Massage

**G63**

Jacqueline Morton  
01360 550374  
jacqmorton@hotmail.com  
**Balfon/Killlearn**  
Clinical Aromatherapy,  
Reflexology

**G66**

Carol Ann Mason  
01360 319880  
camasonredhills@btinternet.com  
**Lennoxtown**  
Swedish Massage, On-Site  
Massage

**G69**

Carole Abate  
07867 802115  
massagetherapys@tiscali.co.uk  
**Muirhead - Glasgow**  
Swedish Massage, Hopi Ear  
Candling, Hot Stone  
Massage, Indian Head  
Massage, Reflexology

**G72**

Margaret Innes  
07857 301881  
juneinnes24@hotmail.com  
**Blantyre**  
Clinical Aromatherapy,  
Reflexology, Reiki Master,  
Home Visits

**G74**

Maureen Gromek  
01355 904079  
mogro@blueyonder.co.uk  
**East Kilbride**  
Swedish Massage

**G75**

Julia Warner  
01355 263253  
julia@hokeypokey.demon.co.uk  
**East Kilbride**  
Remedial and Sports  
Massage, Swedish Massage,  
Home Visits, Pregnancy  
Massage

**G77**

Mandy McKelvie  
0141 616 0881  
mandy.mckelvie@tiscali.co.uk  
**Glasgow**  
Swedish Massage, Hot Stone  
Massage, Indian Head  
Massage

**G81**

Paul McGowan  
01389 383295  
halcyondays7@ntlworld.com  
**Clydebank**  
Swedish Massage, Remedial  
and Sports Massage,  
Therapeutic Massage

**G84**

Lorna Masterton  
01436 676308  
lornamasterton@talktalk.net  
**Helensburgh**  
Remedial and Sports Massage

Donna Bryce  
01236 870715 / 07986 819287  
don3119@yahoo.co.uk  
**Moodiesburn**  
Remedial & Sports Massage,  
Indian Head Massage

Katherine Newall  
01355 279068  
kathnewal@aol.com  
**East Kilbride**  
Reflexology, On-Site  
Massage, Clinical  
Aromatherapy, Indian Head  
Massage, Complementary  
Medicine

Susan Smith  
01436 676634  
susanhallsmith@tiscali.co.uk  
**Helensburgh**  
Swedish Massage, Remedial  
and Sports Massage

Michael Philip  
01236 875729  
therapy@opus44.co.uk  
**Glasgow**  
Swedish Massage

**G73**

Helen McDougall  
0141 647 8267 / 07834 556875  
hewwhyte@yahoo.co.uk  
**Glasgow**  
Remedial and Sports  
Massage, Swedish Massage,  
Pre- and Perinatal Pregnancy  
Massage, Home Visits

Andrew Scobie  
01355 245708  
**East Kilbride**  
Swedish Massage, Remedial  
& Sports Massage, On-Site  
Massage

**G76**

Charles Davies  
0141 577 0601  
charles.d@ntlworld.com  
**Glasgow**  
Swedish Massage, Remedial  
and Sports Massage, Seated  
Accupressure Massage, Home  
Visits

**G78**

Eric Hughes  
0141 583 3282  
**Barrhead**  
Swedish Massage, Reiki,  
Mobile

**G82**

Linda McIlwraith  
01389 765616  
**Dumbarton**  
Sports Therapist, Sport and  
Remedial Massage Therapist,  
Home Visits, Event Massage

## **HS ~ Outer Hebrides**

### **HS3**

Patricia Masterson  
01859 530463  
pcmmuskoka@aol.com

#### **Isle of Harris**

Swedish Massage, Indian Head Massage, Home Visits

## **IV ~ Highlands / Isle of Skye / Moray / Ross-shire / Sutherland**

### **IV2**

Jean Baillie  
01463 232458

#### **Inverness**

Advanced Remedial Massage,  
Swedish Massage, Sports  
Massage & Rehabilitation  
Therapy

Fiona Bowey  
01463 241719  
fiona\_bowey@yahoo.co.uk

#### **Inverness**

Swedish Massage,  
Reflexology, Reiki

Julie Burslem  
07761 618606 / 01463 792673  
julieburslem@yahoo.co.uk

#### **Inverness**

Remedial and Sports  
Massage, Reflexology,  
Aromatherapy, Indian Head  
Massage, Trigger Point

Mary Ewen  
01463 235727/07974 395551

#### **Inverness**

Swedish Massage,  
Reflexology, Aromatherapy,  
Indian Head Massage, Home  
Visits, Mobile Service

Wendy Hope  
01463 238639 / 07708  
054954  
hopewino@yahoo.co.uk

#### **Inverness**

Swedish Massage

Melissa Kay  
01463 798458  
melissa@mhkpersonaltraining.co.uk

#### **Inverness**

Swedish Massage,  
Trainer/Assessor First Aid

Zuzana Krop  
07917 741691  
delicatetouch@live.co.uk

#### **Inverness**

Swedish Massage, Pregnancy  
Massage, Indian Head  
Massage, Home Visits

Steven Macdonald  
01463 233786

#### **Inverness**

Swedish Massage, Reiki,  
Remedial and Sports  
Massage, Indian Head  
Massage

Anne-Marie MacGregor  
07754 437248  
ammacgregor@hotmail.co.uk

#### **Inverness**

Swedish Massage, On-Site  
Massage, Indian Head  
Massage

David Mackay  
01463 241460  
davidmackay79@fsmail.net

#### **Inverness**

Remedial and Sports  
Massage, Swedish Massage,  
Home Visits

Jean Mackay  
01463 792653  
alistair@scourie.eclipse.co.uk

#### **Inverness**

Swedish Massage,  
Reflexology

Lisa Welsh  
01463 242255 / 07749 801628  
lisawelsh2004@hotmail.com

#### **Inverness**

Advanced Remedial Massage,  
Remedial and Sports  
Massage, Hot Stone Massage

### **IV3**

Ulrike Davies  
01463 233965

#### **Inverness**

Ayurvedic Massage, Swedish  
Massage, Home Visits

Suzanne Henderson  
01463 226664 / 07876 190444  
suz\_01@hotmail.com

#### **Inverness**

Swedish Massage, Remedial &  
Sports Massage, Home Visits

Fiona Robb  
01463 225607

#### **Inverness**

Swedish Massage, Clinical  
Aromatherapy, Reflexology,  
Remedial & Sports Massage

Hilary Tolmie  
01463 224146  
hilary.tolmie@btinternet.com

#### **Inverness**

Swedish Massage, Home  
Visits

### **IV7**

Catherine Smith  
01349 861155  
touchofclass@ambamail.com

#### **Conon Bridge**

Swedish Massage, Reiki, On-Site Massage, Reflexology,  
Indian Head Massage, Hot Stone Therapy

### **IV10**

Ann Marie Boyce  
01381 620403

#### **Fortrose**

Swedish Massage,  
Reflexology, On-Site  
Massage, Reiki I, Indian Head  
Massage, Hot Stone Massage

Ann McGhee  
01381 620110  
w.r.mcghee@btinternet.com

#### **Fortrose**

Swedish Massage, Reiki,  
Indian Head Massage, Home  
Visits

### **IV23**

Penny Moir  
01997 414305  
penny.massage@tiscali.co.uk

#### **Garve**

Remedial & Sports, Swedish Massage, Indian Head Massage,  
Reflexology

### **IV27**

Hazel Pepper  
01854 666233  
hazymyke@hotmail.com

#### **Sutherland nr Ullapool**

Swedish Massage, Reflexology, Myofascial Release (MFR)

### **IV30**

Katherine Harris  
01343 835084

#### **Elgin**

Swedish Massage,  
Reflexology, Indian Head  
Massage

### **IV36**

Karen Murdoch  
01309 676456

#### **Forres**

Swedish Massage, Indian  
Head massage, "Bodywork"  
mobile therapy, 'Therapy  
room' at Forres Swimming  
Pool

Lev Seller  
01309 671411

#### **Forres**

Holistic Relaxing Massage,  
Remedial & Sports Massage,  
Home Visits  
www.findhorn-  
holisticmassage.co.uk

**IV51**

Margaret McDiarmid  
01478 613336  
magsmcdiarmid@btinternet.com

**Portree**

Swedish Massage

**IV63**

Lesley-Ann Inglis  
07730 190596  
lesley@lacinglis.fsnet.co.uk

**Drumnadrochit**

Swedish Massage, Home  
Visits, Reflexology, Indian  
Head Massage

Moira Liddell  
01456 450582/07810 333598

**Drumnadrochit**

Swedish Massage,  
Aromatherapy, Indian Head  
Massage, Holistic Pain Relief  
Techniques, Bioforce  
Phytotherapy, Home Visits

**KA ~ Ayrshire – East / Ayrshire – North / Ayrshire – South****KA5**

Jean Hanlon  
01290 559094

**Mauchline**

Swedish Massage, Remedial  
and Sports Massage, On-Site  
Massage

Dawn Kennedy  
01292 541983  
west.carnigillan@zen.co.uk

**Tarbolton**

Remedial and Sports  
Massage, Swedish Massage,  
Aromatherapy

**KA6**

Jo Wallace  
07710 579657  
joanna.wallace@virgin.net

**Coylton**

Remedial and Sports  
Massage, Swedish Massage,  
Seated Acupressure Massage,  
Thermo auricular Therapy,  
No Hands Massage

**KA6**

Ronnie Allan  
01292 880442  
r.allan32@btinternet.com

**Ayr**

Clinical Aromatherapy,  
Remedial & Sports Massage,  
On-Site Massage, Swedish  
Massage, Pre and Perinatal  
Massage, No Hands Massage,  
Slavic Massage

John Lamont  
01292 285609  
westernschool@aol.com

**Ayr**

Manipulative Therapy,  
Advanced Remedial Massage,  
On-Site Massage

Zana Lamont  
01292 285609  
westernschool@aol.com

**Ayr**

Remedial Massage,  
Counselling

Beck Spooner  
07732 156477  
**Ayr**  
Swedish Massage

**KA8**

Lynda Burgess  
01292 287178

**Ayr**

Remedial and Sports  
Massage, Indian Head  
Massage, Swedish Massage,  
Home Visits

**KA9**

Ailsa Downie  
07816 468695  
ailsa.downie@gmail.com

**Prestwick**

Swedish Massage, Indian  
Head Massage, Reiki I & II,  
Aromatherapy, Reflexology

Alan Stewart  
01292 477965

**Prestwick**

Swedish Massage, Indian  
Head Massage, Reiki, Sports  
Massage & Injury  
Management, Hopi Ear  
Candling, Hot Stone Therapy,  
www.healthyliving-ayrshire.co.uk

**KA10**

Susie Greig  
01292 312117  
susiegreig@yahoo.co.uk

**Troon**

Swedish Massage, Home  
Visits

**KA12**

Robin Weideger  
01294 277554  
ipus@hotmail.co.uk

**Irvine**

Swedish Massage

**KA13**

Valerie Hyslop  
01294 551042

**Kilwinning**

Reflexology, Aromatherapy,  
Reiki

**KW ~ Caithness / Orkney / Sutherland**

**KW1**

Gillian Macmanus  
01955 602220  
gillian486@btinternet.com

**Wick**

Remedial and Sports Massage, Swedish Massage, Aromatherapy, Indian Head Massage, Reflexology, Hot Stone Therapy

**KW17**

Patricia Lie  
01856 811262

**Kirkwall**

Swedish Massage, Remedial & Sports Massage (working out Pickaquoy Centre, Kirkwall)

**KY ~ Fife**

**KY1**

Sharon Glenn  
07910 165421  
slgtherapies@fsmail.net

**Kirkcaldy**

Remedial and Sports Massage, Indian Head Massage, Swedish Massage, On-Site Massage, www.head2heal.co.uk

Jackie Tiernan  
01592 773303  
fifeschoolmassagetherapy@yahoo.co.uk

**Thornton**

Manipulative Therapy, Reflexology

**KY2**

Silvia Taylor  
01592 264438  
billy.silvia@tiscali.co.uk

**Kirkcaldy**

Remedial and Sports Massage, Swedish Massage, Indian Head Massage, On-Site Massage, Reflexology

**KY4**

Joanna Barter  
07821 836109  
joannabrice@hotmail.com

**Kirkcaldy**

Swedish Massage, Remedial & Sports Massage, Indian Head Massage, Home Visits

Tom Darling  
tncdarling@btinternet.com

**Crossgates**

Manipulative Therapy, Advanced Remedial Massage, Remedial & Sports Massage

Patricia Easton  
01383 514274

**Cowdenbeath**

Swedish Massage, Reflexology, On-Site Massage, Indian Head Massage, Reiki, Hyperton-X, Facial Massage, Stone Therapy, Advanced Thermo-Auricular Therapy, Slavic Massage

**KY9**

Zena Walker  
01333 330679

**Elie**

Swedish Massage, Reiki, Hot Stone Massage, Bioforce Phytotherapy

**KY11**

Karen Baker  
01383 414462

**Rosyth**

Advanced Remedial Massage, Swedish Massage, Remedial & Sports Massage, Reiki, Integrated Myofascial Therapy

**KY11**

Sandra Bell  
01383 724946

**Dunfermline**

Swedish Massage

**KY11**

Karen Baker  
01383 414462

**Rosyth**

Advanced Remedial Massage, Swedish Massage, Remedial & Sports Massage, Reiki, Integrated Myofascial Therapy

Sandra Bell  
01383 724946

**Dunfermline**

Swedish Massage

Samantha Cedermark  
01383 416172  
samantha.cedermark@googlemail.com

**Inverkeithing**

Swedish Massage, Indian Head Massage, Certified Infant Massage Instructor, Sports and Remedial Massage, Hot Stone Massage

Bill Foreman  
01383 413538  
billforeman56@aol.com

**North Queensferry**

Remedial and Sports Massage, Swedish Massage, Clinical Aromatherapy, Slavic Massage, On-Site Massage, Indian Head Massage, Home Visits

Jane Hunter  
01383 724529 / 07796 212056  
janehunter@talktalk.net

**Dunfermline**

Relaxation and Therapeutic Massage, Acupuncture for pain and stress relief, Indian Head Massage, Reiki, Yoga Teacher

Ruby Rennie  
07780 883722

**Dalgety Bay**

Swedish Massage, Advanced Slavic Massage, Massage in Schools

**KY12**

Keith Armstrong-Pringle  
01383 851365  
keitharmstrongpringle@msn.com

**Saline**

Remedial and Sports  
Massage, Swedish Massage

Marie Hartigan  
0845 388 5218  
marie@hartigan.freemove.co.uk

**Dunfermline**

Remedial and Sports  
Massage, Swedish Massage,  
Yoga Teacher, Kids Yoga,  
Special Needs Yoga, Home  
Visits, www.somapsyche.co.uk

Jennifer Syme  
01383 621156  
jen@jstherapies.co.uk

**Dunfermline**

Remedial and Sports  
Massage, Swedish Massage

**KY16**

Stewart Brown  
01334 476218

**St. Andrews**

Manipulative Therapy,  
Advanced Remedial Massage,  
Remedial & Sports Massage,  
Indian Head Massage

Derek Norrie  
01334 871599 / 07805  
087320

dereknorrie@hotmail.co.uk

**St. Andrews**

Swedish Massage, Sports and  
Remedial Home Visits

Jean Williams  
01334 477000 / 07944 742307  
BeannieJeanWilliams@yahoo.co.uk

**St. Andrews**

Holistic Massage Therapist,  
Home Visits

**ML ~ Lanark / Lanarkshire – North / Lanarkshire - South****ML1**

Helen Larkin  
07918 665963  
helenlarkin@hotmail.com

**Motherwell**

Swedish Massage

Gordon Livingstone  
07766 992529  
gcl@glivingstone.net

**Motherwell**

Swedish Massage, Seated  
Acupressure Massage,  
www.valbefinnande.co.uk

Lisa Syme  
01698 306406

**Motherwell**

Swedish Massage, Home  
Visits, Seated Acupressure  
Massage, Remedial & Sports  
Massage

Myra Toms  
01698 269241  
myratoms@blueyonder.co.uk

**Motherwell**

Swedish Massage, Remedial  
& Sports Massage, On-Site  
Massage, Indian Head  
Massage, Infant Massage  
Instructor, Massage in  
Schools Instructor, Reiki,  
Home Visits

**ML3**

Lyndsey Stevenson  
01698 300881 / 07949 650027  
mail@asklpeon-health.co.uk

**Hamilton**

Remedial and Sports Massage, Swedish Massage, On-Site  
Massage, Home Visits, www.asklpeon-health.co.uk

**ML4**

Elizabeth Taylor  
07950 674124  
taylorbeechwood@aol.com

**Bellshill**

Remedial and Sports Massage, Swedish Massage, On-Site  
Seated Acupressure Massage, Indian Head Massage, Stone  
Therapy

**ML5**

Margaret White  
07810 563061

**Coatbridge**

Swedish Massage, Remedial  
and Sports Massage

**ML6**

Hywel Moore  
01698 735009  
hywel.j.moore@virgin.net

**Airdrie**

Swedish Massage, Remedial  
and Sports Massage

**ML7**

Christine Watson  
01501 820181  
r.watson436@btinternet.com

**Shotts**

Clinical Aromatherapy,  
Reflexology

**ML10**

Paulo Quadros  
01357 529947

**Strathaven**

Therapeutic Massage,  
Personal Management

**ML11**

Lorraine Dillon  
07725 034377  
lorraine.dillon@bopenworld.com

**Lesmahagow**

Aromatherapy, Reflexology,  
Reiki, Remedial and Sports  
Massage

Lesley Woodall  
07986 527947  
info@beautiful-daze.com

**Biggar**

Swedish Massage, Indian  
Head Massage, Hot Stones  
Massage, Natural Face Lift  
Massage, Home Visits

**ML12**

John Andrich  
07775 833032  
john@gesellmassage.com

**Biggar**

Massage Therapy, Manual  
Lymph Drainage, Complete  
Decongestive Therapy

Teresa Carmichael  
07790 575370  
terrircarmichael@hotmail.co.uk

**Biggar**

Therapeutic Massage, Sports  
Massage

Christine Ward  
01899 221297  
relax@ecosse.net

**Biggar**

Swedish Massage, On-Site Massage, Indian Head Massage,  
Bowen Practitioner, Hands Free Massage, Hot Stone Therapy,  
Hopi Ear Candles, Thai Yoga Massage

**PA ~ Lanark / Lanarkshire – North / Lanarkshire - South****PA1**

Donald Grant  
0141 883 1887  
donald@donaldgrant.co.uk

**Paisley**

Remedial Massage, On-Site Massage, Reflexology

**PA2**

Alison Connell  
07939 048437  
moondancer@btinternet.com

**Paisley**

Swedish Massage, Indian  
Head Massage, On-Site  
Massage

Donald Fullerton  
0141 887 0444  
info@fullertonchiropractic.co.uk

**Paisley**

Masseuse  
www.fullartonchiropractic.co.uk

Eileen Reid  
0141 884 1811  
eileenreid@ntlworld.com

**Paisley**

Thermo Auricular Therapy,  
Touch for Health, On-Site  
Massage, Bowen Technique,  
Remedial Massage, Anatomy  
& Physiology, Clinical  
Aromatherapy, Neuro  
Linguistic Programming

Lynn Wojciechowska  
0141 849 6161 / 0141 889 8416  
lynn@swoj.com

**Paisley**

Remedial and Sports  
Massage, Holistic (Swedish)  
Massage, Low Level Laser  
and LED Therapy, Pregnancy  
Massage, Hot Stones Massage

**PA4**

John Copeland  
0141 561 3282  
john.copeland@ntlworld.com

**Renfrew**

Swedish Massage, Remedial  
& Sports Massage, Advanced  
Remedial Massage, Home  
Visits

Angela Hughes  
0141 886 4387

**Glasgow**

Aromatherapy, Swedish Massage, Remedial and Sports  
Massage, On-Site Massage, Indian Head Massage, Reiki, Hopi  
Ear Candling

**PA12**

Aileen Ferguson  
01505 843714  
aileenferguson.counselling@virgin.net

**Lochwinnoch**

Therapeutic Massage, Indian  
Head Massage, Hot Stone  
Massage, Seated Acupressure,  
Reiki, Counselling,  
Counselling Supervision

James Stewart  
01505 842519

**Lochwinnoch**

Swedish Massage, Remedial  
& Sports Massage, Home  
Visits

**PA14**

Eamonn McCurdy  
07827 330765

**Port Glasgow**

Swedish Massage

**PA23**

Mark Federspiel  
01369 706146 / 0141 339 4340  
markfederspiel@hotmail.com

**Dunoon**

Swedish and Oriental  
Therapeutic Massage

**PA31**

Gabby Rogers  
01852 500223  
gabby@barbreck.co.uk

**Lochgilphead - Ardfern**

Therapeutic Massage,  
Remedial & Sports Massage,  
Counselling

**PA34**

Adele De Solla  
01631 564313

**Oban**

Massage, Self Help, Healing  
and Champissage

**PA35**

Kathleen Murgatroyd  
01866 822364

**Taynuilt**

Remedial and Sports Massage, Swedish Massage, Indian Head  
Massage based in Taynuilt, Home Visits to surrounding area.

**PH ~ Highland / Perth & Kinross**

**PH1**

Donald Budge  
01738 565656  
therapy@donaldbudge.com

**Perth**

Advanced Remedial Massage,  
Remdial and Sports Massage,  
Cranio-Sacral, Home Visits

Hazel Budge  
01738 565656  
hazelbudge@yahoo.co.uk

**Perth**

Swedish Massage, Remedial  
and Sports Massage, Clinical  
Aromatherapy

Amanda Gray  
07725 182206  
MandyJG76@yahoo.co.uk

**Perth**

Remedial and Sports Massage

Corrinne McNae  
01738 635382 / 07958 576747  
c.easton@blueyonder.co.uk

**Perth**

Swedish Massage, Remedial  
& Sports Massage, On-Site  
Massage, Reiki, Indian Head  
Massage, Massage in Schools,  
EFT(Emotional Freedom  
Techniques), Thermo-  
Auricular Therapy, Hot Stone  
Therapy, Home Visits

**PH2**

Katrina Jasper  
07752 219225  
katrinajasper@hotmail.com

**Perth**

Swedish Massage,  
Aromatherapy, Reflexology,  
Indian Head Massage, Hot  
Stone Massage, Waxing, Hopi  
Ear Candling, Home Visits

Donna Morgan  
01382 775545

**Perth**

Massage Therapy, Advanced  
Remedial Massage Therapy,  
Cranio-sacral Therapy

**PH7**

Penny Thomas  
01764 656441 / 07958 789876  
pthomasterapies@aol.co.uk

**Crieff**

Remedial and Sports  
Massage, Seated Acupressure  
Massage, Swedish Massage,  
Workplace Visits

**PH10**

Gerti Mantler  
01250 884252  
mitchandgerti88@tiscali.co.uk

**Blairgowrie**

Manipulative Therapy,  
Advanced Remedial Massage

**PH13**

Rae Lamond  
01828 670728

**Burrelton**

Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage, Home  
Visits

**PH15**

Caroline MacKechnie  
07977 151540  
carolinemackechnie@gmail.com

**Aberfeldy**

Remedial and Sports  
Massage, Swedish Massage,  
On-Site Massage

**PH16**

Helen Kirkwood  
01796 472154

**Pitlochry**

Therapeutic and Sports  
Massage Clinic, Home Visits,  
Sports Events

**PH21**

John Harling  
01540 661689  
kitandjohn@highlandmassage.fsnet.co.uk

**Kingussie**

Advanced Remedial Massage,  
Remedial & Sports Massage,  
On-Site Massage,  
www.highlandmassage.co.uk

Kit Harling  
01540 661689  
kitandjohn@highlandmassage.fsnet.co.uk

**Kingussie**

Advanced Remedial Massage,  
Clinical Aromatherapy,  
Reflexology, Tutor, Indian  
Head Massage, On-Site  
Massage, Hot Stone Massage,  
www.highlandmassage.co.uk

Katherine Wright  
01540 661994

**Kingussie**

Remedial and Sports  
Massage, Therapeutic  
Massage, Reflexology

**PH22**

Wendy Munro  
01479 812002  
wend.munro@btinternet.com

**Aviemore**

Remedial and Sports  
Massage, Sports Injuries, G5  
Treatments, Exercise Therapy

**PH25**

Patricia Davis  
01479 821920  
trishdavis@balciuin.fsnet.co.uk

**Nethy Bridge**

Holistic Massage,  
Hydrotherm Massage,  
Ayurvedic Massage

**PH33**

Barbara Gilles (Bliss Therapies)  
01397 773055  
barbara@blisstherapies.com

**Banavie**

Reflexology, Reiki Master Teacher, Manual Lymphatic Drainage, Remedial & Sports Massage, Aromatherapy, Swedish Massage, Indian

**PH42**

Tasha Lancaster  
01687 482402  
tasha.lancaster@tiscali.co.uk

**Isle of Eigg**

Swedish Massage, Home Visits, Indian Head Massage

**TD ~ Berwickshire / Scottish Borders****TD1**

Joyce Hall  
joycehall@hotmail.co.uk

**Galashiels**

Swedish Massage, Home Visits

**TD3**

Susan Green  
01578 740241  
susanj.green@ukonline.co.uk

**Gordon**

Swedish Massage, On-Site Massage, Infant Massage Instructor, Home Visits / Melrose Clinic

Robert Macaskill  
01573 410394  
robertj.macaskill@tinyworld.co.uk

**Gordon**

Manipulative Therapy, Advanced Remedial Massage, Remedial & Sports Massage, Reflexology, On-Site Massage

**TD5**

Jacqueline Hottinger  
01573 470 604  
**Ednam by Kelso**  
Swedish Massage, Indian Head Massage

Gillian Hughes  
gillhughesbergamot@hotmail.com  
**Ednam, Nr Kelso**  
Swedish Massage, Indian Head Massage

**TD9**

Colin Paxton  
01450 379668  
**Hawick**  
Swedish Massage

Alan Trimby  
01450 377811  
trimbers@tiscali.co.uk  
**Hawick**  
Swedish Massage, Home Visits

**TD11**

Katherine Master  
01890 870272/07531 341530  
katy.master@fsmail.net  
**Swinton**  
Swedish Massage, Indian Head Massage, Home Visits

Moira M Watson  
07748 955922  
essence.therapy@virgin.net  
**Duns**  
Advanced Remedial Massage, Aromatherapy, On-Site Massage, Indian Head Massage, Craniosacral Therapy (SER1)  
essencemassagetherapy.com

**PH34**

Alison Martin  
01397 712086  
allymartini@yahoo.com

**Spean Bridge**

Swedish Massage

**TD2**

Angus Gilder  
01578 722593  
angusgilder@aol.com

**Lauder**

Advanced Remedial Massage, Remedial & Sports Massage, Sports Therapist

Angela Jones  
01578 718826  
angl.jones@tiscali.co.uk

**Lauder**

Swedish Massage, Slavic Massage, On-Site Massage, Reflexology

**TD4**

Lorna Milligan  
01896 848168

**Earlston**

Swedish Massage, Remedial Massage, Reiki, On-Site Chair Massage, Indian Head Massage, Hot Stone Massage, Hopi Ear Candles, RGN, Home Visits

**TD7**

Margaret Young  
01750 20263  
m18young@aol.com

**Selkirk**

Clinical Aromatherapy, Swedish Massage, On-Site Massage, Home Visits

Sue Winters  
01450 870877  
sue.winters@virgin.net  
**Denholm**  
Therapeutic Massage, On-Site Massage

**TD12**

Fiona Marynicz  
01890 830606  
**Birgham Nr. Coldstream**  
Swedish Massage, On-Site  
Massage

Carly Ross  
07706 563021  
tenshon.massage@hotmail.co.uk  
**Coldstream**  
Swedish Massage, On-Site  
Massage, Indian Head  
Massage

**TD13**

Fiona Scott  
01368 830389  
**Cockburnspath**  
Remedial & Sports Massage,  
Advanced Remedial Massage,  
Clinical Aromatherapy, Slavic  
Massage, Home Visits

**TD14**

Anne-Lise Miller  
01890 761202  
**Reston**  
Massage Therapy, Colonic  
Irrigation, Kinesiology,  
Aromatherapy, Residential  
Detox [www.bodymanagement.ukf.net](http://www.bodymanagement.ukf.net)

Yvonne Simpson  
01890 750587 / 07973 564661  
ysimpson@sky.com  
**Eyemouth**  
Swedish Massage, Indian  
Head Massage

**ZE ~ Shetland**

**ZE1**  
Linda Massie  
01595 690797

**Lerwick**  
Swedish Massage, Indian Head Massage, Hopi Ear Candling,  
Reiki Master

**ZE2**

Vaila Thomason  
07917 406856  
v\_bizarre@hotmail.com

**Shetland**  
Swedish Massage, Home Visits

**ENGLAND****CA ~ Cumbria****CA13**

Maureen Lawrie  
01900 821193  
maureen@massageforlife.free-online.co.uk

**Cockermouth**

Remedial Massage, Indian Head Massage, Acupressure, Reiki, Hot Stone Massage

**HU ~ East Yorkshire****HU4**

William Windle  
07976 899535  
billwindle@hotmail.com

**Hull**

Sports Massage

**KT ~ Surrey****KT15**

Fiona Webster

**Ottershaw**

Remedial and Sports Massage, Sports Therapy

**NE ~ Newcastle / Northumberland / Tyne & Wear****NE29**

Craig Dand  
0191 280 1722  
scotsbigman@yahoo.co.uk

**Tyne & Wear**

Swedish Massage, Remedial & Sports Massage, Home Visits

**NE66**

Nicola Thomas  
01665 574312

**Alnwick**

Remedial & Sports Massage, Swedish Massage, Reiki, Pilates

**NE71**

Angela Huddleston  
01668 282017  
chevy champion@hotmail.co.uk

**Wooler**

Swedish Massage - Clinic or Home Visits, Indian Head Massage

**NW ~ London****NW6**

Shona McKay  
07738 288147

**West Hampstead**

Swedish Massage, Remedial & Sports Massage

**PR ~ Lancashire**

**PR2**

Louise Felstead  
07866 801966

**Preston**

Remedial & Sports Massage,  
Reflexology

**TD ~ Berwickshire**

**TD15**

Brian Shanks  
01289 307105

**Berwick upon Tweed**

Manipulative Therapy,  
Advanced Remedial Massage,  
Remedial & Sports Massage

**TN ~ East Sussex**

**TN19**

Helen Etherington  
07751 384511 / 01435 884224  
hecarver@aol.com

**Burwash Weald**

Swedish Massage, Pre & Perinatal Massage, Deep Tissue, Indian Head Massage, Home Visits,  
Clinic in Harley St.London, [www.carvertherapy.co.uk](http://www.carvertherapy.co.uk)

**WALES**

**SA ~ Pembrokeshire**

**SA68**

Giuseppina Di Francesco  
01834 813858  
g.difrancesco@btinternet.com

**Kilgetty**

Remedial and Sports  
Massage, Swedish Massage,  
Reiki

**PR6**

Frances Katic  
01257 485091  
fkatic@yahoo.co.uk

**Chorley**

Swedish Massage, Home  
Visits

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Abate	Carole	Lanarkshire - North	Muirhead - Glasgow	14
Ablett	Samara	Lanarkshire	Glasgow	12
Aire	Janine	Renfrewshire	Glasgow	12
Aitchison	Patricia	Midlothian	Murieston, Livingston	11
Aitken	Andrew	Lanarkshire	Glasgow	13
Alam	Imran	Lanarkshire	Glasgow	13
Allan	Louise	Highland	Plockton	16
Allan	Ronnie	Ayrshire	Ayr	16
Allen	Olga	Aberdeenshire	Aberdeen	2
Anderson	Ian	Aberdeenshire	Aberdeen	2
Anderson	Michelle	Aberdeenshire	Aberdeen	2
Andrich	John	Lanarkshire	Biggar	19
Armstrong-Pringle	Keith	Fife	Saline	18
Arnott	Katherine	Midlothian	Edinburgh North	8
Bagley	Vivian	Midlothian	Edinburgh	8
Baillie	Diarmid	Strathclyde	Glasgow	12
Baillie	Jean	Highland	Inverness	15
Baker	Karen	Fife	Rosyth	17
Barter	Joanna	Fife	Kirkcaldy	17
Baxter	Andrea	Midlothian	Edinburgh South	7
Bell	Rebecca	Lothian	Edinburgh	6
Bell	Sandra	Fife	Dunfermline	17
Birch	Anne-Marie	Midlothian	Edinburgh South	8
Black	Alistair	Midlothian	Dalkeith	9
Black	Christine	Lothian	Edinburgh	7
Black	Vanessa	Aberdeen	Aberdeen	1
Blaikie	Rosemary	Lothian	Edinburgh	6
Bowey	Fiona	Highland	Inverness	15
Bowie	Mary	Midlothian	Edinburgh	8
Boyce	Anne Marie	Ross-shire	Fortrose	15
Bradley	Felicity	Midlothian	Edinburgh	7
Braiden	Tracey	Aberdeenshire	Insch	4
Brander	May	Aberdeenshire	Alford	2
Brawls	Denise	Dumfries and Galloway	Stranraer	5
Briggs	Neil	Midlothian	Bonnyrigg	9
Brooks-Carter	Maggie	Aberdeenshire	Aberdeen North	2
Brown	Alison	Midlothian	Edinburgh South	7
Brown	Sally	Highland	Nairn	15
Brown	Sheila	Aberdeenshire	Ellon	3
Brown	Stewart	Fife	St. Andrews	18
Brown	Walter	Renfrewshire	Glasgow	13
Browne	Mei-Ling	Aberdeenshire	Aberdeen	2
Bryce	Donna	North Lanarkshire	Moodiesburn	14
Buckley	Christine	Aberdeenshire	Aberdeen	1
Budge	Donald	Perth & Kinross	Perth	20
Budge	Hazel	Perthshire	Perth	20
Burgess	Lynda	Ayrshire - South	Ayr	16
Burslem	Julie	Highlands	Inverness	15
Cameron	Sonia	Aberdeenshire	Alford	2
Carmichael	Teresa	South Lanarkshire	Biggar	19
Cedermark	Samantha	Fife	Inverkeithing	17
Christie	Olwen Ann	Aberdeenshire	Portsoy	3
Clarke	Erin	Glasgow	Glasgow City	12
Coates	Victoria	Midlothian	Edinburgh South/City Centre	7
Cockburn	Lynne	Midlothian	Edinburgh North	5
Cockburn	Susan	Midlothian	Edinburgh South	8
Collie	Donna	Aberdeenshire	Aberdeen	1
Collins	Suzanne	Aberdeenshire	Ellon	3
Collins	Tana	Midlothian	Edinburgh South	7
Connell	Alison	Renfrewshire	Paisley	19
Cooper	Janice	Aberdeenshire	Aberdeen West	1
Copeland	John	Renfrewshire	Renfrew	19
Courtney	Evelyn	Midlothian	Roslin	9
Coutts	Ron	Aberdeenshire	Aberdeen West	1

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Cowan	Christine	West Lothian	Livingston	11
Cowan	Dawn	East Lothian	Haddington	10
Cowan	Thomas	West Lothian	Livingston Village	11
Cowie	Erika	Grampian	Aberdeen	1
Craig	Neil	Midlothian	Edinburgh	6
Crowther	Kim	Midlothian	Edinburgh	6
Cunningham	Kim	Midlothian	Edinburgh North	5
Currie	Linda	Dumfries and Galloway	Dumfries	5
Dalgleish	Geraldine	West Lothian	Linlithgow	11
Dand	Craig	North Shields	Tyne & Wear	22
d'Aragona	Benedetta	Midlothian	Edinburgh South	7
Darling	Tom	Fife	Crossgates	17
Davidson	Kay	Midlothian	Edinburgh	7
Davidson	Lisa	Grampian	Aberdeen	2
Davidson	Louise	Lanarkshire	Glasgow North	12
Davies	Charles	East Renfrewshire	Glasgow	14
Davies	Ulrike	Inverness-shire	Inverness	15
Davis	Gillian	Midlothian	Newtongrange	9
Davis	Patricia	Highland	Nethy Bridge	20
De Jonge	Daniella	Aberdeenshire	Huntly	4
De Solla	Adele	Argyll	Oban	19
Di Francesco	Giuseppina	Pembrokeshire	Kilgetty	23
Dick	Elizabeth Ann	Renfrewshire	Glasgow	12
Dickson	Louise	Lothian	Edinburgh	5
Dillon	Lorraine	Lanarkshire	Lesmahagow	18
Dobbie	Pamela	Midlothian	Edinburgh City Centre	8
Donald	Lynda	Aberdeenshire	Aberdeen North	2
Donaldson	Rosalyn	East Lothian	Pencaitland	10
Doull	Gary	West Lothian	East Calder	11
Downie	Ailsa	Ayrshire - South	Prestwick	16
Duguid	Diane	Lothian	Edinburgh	8
Duguid	Scott	Lothian	Edinburgh	8
Duncan	Carolyn	Aberdeenshire	Stonehaven	3
Duncan	Joyce	Aberdeenshire	Aberdeen West	1
Dunn	Caroline	West Lothian	Livingston	11
Dunn	Susan	Aberdeenshire	Hatton	3
Duthie	Marie	Aberdeenshire	Fraserburgh	3
Easter	Claire	Aberdeenshire	Banff	3
Easton	Patricia	Fife	Cowdenbeath	17
Etherington	Helen	East Sussex	Burwash Weald	23
Ewen	Mary	Highland	Inverness	15
Fairbairn	Barbara	Midlothian	Newton Grange	9
Federspiel	Mark	Renfrewshire	Dunoon	19
Felstead	Louise	Lancashire	Preston	23
Ferguson	Aileen	Renfrewshire	Lochwinnoch	19
Ferguson	Diane	Stirlingshire	Falkirk	11
Fisher	Sandra	Stirlingshire	Bridge of Allan	12
Flood	Deirdre	Midlothian	Edinburgh	5
Forbes	Kirsty	Midlothian	Edinburgh West	7
Forbes	Lorraine	Aberdeenshire	Aberdeen West	2
Fordyce	Gillian	Lothian	Edinburgh	7
Foreman	Bill	Fife	North Queensferry	17
Forrester	Lorna	Midlothian	Edinburgh West	8
Frazer	Lynda	Lanarkshire	Glasgow South	13
Fullerton	Donald	Renfrewshire	Paisley	19
Fulton	Ross	Lothian	Currie - Edinburgh	8
Garden	Emily	Aberdeenshire	Aberdeen West	1
Garriock	Marjory	Aberdeenshire	Laurencekirk	2
Gerrie	Sandra	Dunbartonshire	Glasgow North	13
Gerrish	Sarah	Lothian	Edinburgh	6
Gilder	Angus	Scottish Borders	Lauder	21
Giles	Emma	Lothian	Edinburgh	7
Gilles	Barbara	Highland	Banavie	21
Gillespie	Coreen	Aberdeenshire	Aberdeen	2

<b>Surname</b>	<b>Forename</b>	<b>County</b>	<b>City</b>	<b>Page</b>
Gillespie	Joyce	Midlothian	Edinburgh	9
Gilliland	Siobhan	Midlothian	Edinburgh	7
Glasse	Irene	Stirlingshire	Stirling	12
Glenn	Sharon	Fife	Kirkcaldy	17
Gordon	Colin	Midlothian	Edinburgh	6
Gorman	Joanne	Strathclyde	Glasgow	13
Grant	Donald	Renfrewshire	Paisley	19
Gray	Alistair	North Lanarkshire	Stepps, Glasgow	13
Gray	Amanda	Perthshire	Perth	20
Gray	Norma	West Lothian	Livingston	11
Green	Susan	Berwickshire	Gordon	21
Greig	Susie	Ayrshire	Troon	16
Grieve	Glynis	East Lothian	Haddington	10
Grieve	Margaret	East Lothian	Prestonpans	10
Gromek	Maureen	South Lanarkshire	East Kilbride	14
Guise	Natasha	Lothian	Edinburgh	5
Gunn	Anne	Aberdeenshire	Oldmeldrum	4
Hagerty	Brianna	Midlothian	Edinburgh	7
Haig	Sevi	Midlothian	Edinburgh	8
Hall	Joyce	Selkirk	Galashiels	21
Hanlon	Jean	Ayrshire - South	Mauchline	16
Harding	Karine	Lothian	Edinburgh	5
Harling	John	Highland	Kingussie	20
Harling	Kit	Highland	Kingussie	20
Harris	Katherine	Moray	Elgin	15
Hart	Sandra	Kincardineshire	Stonehaven	3
Hartigan	Marie	Fife	Dunfermline	18
Hay	Alan	Stirlingshire	Bridge of Allan	12
Hay	Sylvia	Aberdeenshire	Huntly	4
Hayman	Anne	Aberdeenshire	Ellon	3
Henck	Jennifer	West Lothian	Livingston Village	11
Henck	Martin	West Lothian	Livingston Village	11
Henderson	Jane	Aberdeenshire	Kemnay	4
Henderson	Suzanne	Highlands	Inverness	15
Hesketh	Fiona	Angus	Brechin	5
Hope	Wendy	Inverness-shire	Inverness	15
Hottinger	Jacqueline	Roxburghshire	Ednam by Kelso	21
Hoy	Rosamund	Angus	Montrose	5
Huddleston	Angela	Northumberland	Wooler	22
Hughes	Angela	Renfrewshire	Glasgow	19
Hughes	Eric	East Renfrewshire	Barrhead	14
Hughes	Gillian	Roxburghshire	Ednam, Nr Kelso	21
Hunter	Jane	Fife	Dunfermline	17
Hyslop	Valerie	Ayrshire - North	Kilwinning	16
Ingleby	Grania	Stirlingshire	Stirling	12
Inglis	Lesley-Ann	Inverness-shire	Drumnadrochit	16
Innes	Margaret	South Lanarkshire	Blantyre	14
Jamieson	Hazel	Aberdeenshire	Oldmeldrum	4
Jamieson	Jane	Midlothian	Edinburgh East	8
Jasper	Katrina	Perthshire	Perth	20
Jones	Angela	Scottish Borders	Lauder	21
Kane	Gerard	Dunbartonshire	Glasgow	12
Katic	Frances	Lancashire	Chorley	23
Kay	Melissa	Inverness-shire	Inverness	15
Keith	Angela	Stirlingshire	Stirling	11
Kelly	Kerry	Lothian	Edinburgh	8
Kennedy	Caroline	Aberdeenshire	Inverurie	4
Kennedy	Dawn	Ayrshire	Tarbolton	16
Kidd	Jenny	Tayside	Broughty Ferry	4
Kippen	Susannah	Angus	Dundee	4
Kirk	Sarah	Aberdeenshire	New Deer	4
Kirkwood	Helen	Perthshire	Pitlochry	20
Knight	Sara	Lothian	Edinburgh	5
Kochalski	Louise	Aberdeenshire	Aberdeen	2

<b>Surname</b>	<b>Forename</b>	<b>County</b>	<b>City</b>	<b>Page</b>
Krop	Zuzana	Highlands	Inverness	15
Laidlaw	Susan	Lothian & Scottish Borders	Edinburgh & Kelso	7
Laidlaw	Vicky	Scottish Borders	Peebles	10
Laing	Brian	Stirlingshire	Falkirk	11
Laing	Fiona F	Midlothian	Edinburgh South	7
Lamond	Rae	Perth and Kinross	Burrelton	20
Lamont	John	Ayrshire - South	Ayr	16
Lamont	Zana	Ayrshire - South	Ayr	16
Lancaster	Tasha	Highlands	Isle of Eigg	21
Larkin	Helen	North Lanarkshire	Motherwell	18
Lawrie	Maureen	West Cumbria	Cockermouth	22
Lawson	Linda	Kincardineshire	Stonehaven	3
Lee	Helen	Aberdeenshire	Aberdeen City Centre	1
Lee	Paula	Midlothian	Edinburgh	7
Lee	Stuart	Lothian	Edinburgh	8
Liddell	Moira	Inverness-shire	Drumnadrochit	16
Liddell	Scott	Lanarkshire	Glasgow West	13
Lie	Patricia	Orkney	Kirkwall	17
Livingstone	Gordon	Lanarkshire	Motherwell	18
Livingstone	Sheena	Peebleshire	West Linton	10
Loudon	Jacqui	Lothian	Edinburgh	9
Lunn	Alan	Midlothian	Edinburgh East	6
Lunn	Corina	Midlothian	Edinburgh East	6
Lynch	Margaret	Fife	Tayport	5
Lynch	Meg	Angus	Arbroath	5
Macaskill	Robert	Berwickshire	Gordon	21
MacDonald	Jennifer	Midlothian	Edinburgh South	8
Macdonald	Steven	Highland	Inverness	15
MacGregor	Anne-Marie	Highland	Inverness	15
Machell	Ingrid	Aberdeenshire	Aberdeen	1
Mackay	David	Highlands	Inverness	15
MacKay	Elizabeth	Midlothian	Edinburgh West	5
Mackay	Jean	Highland	Inverness	15
Mackay	Linda	Aberdeenshire	Aberdeen North	2
Mackay	Michael	Aberdeenshire	Inverurie	4
MacKechnie	Caroline	Perthshire	Aberfeldy	20
MacKenzie	Lynsey	Lothian	Edinburgh	9
Macleod	Rona	Lanarkshire	Bearsden - Glasgow West	13
Macmanus	Gillian	Caithness	Wick	17
MacRae	Jan	Aberdeenshire	Inverurie	4
Mallon	Evelyn	Lothian	Edinburgh	9
Mann	Tanya	Midlothian	Edinburgh North	5
Manson	Margot	Lanarkshire	Glasgow	12
Mantler	Gerti	Perth and Kinross	Blairgowrie	20
Martin	Alison	Highland	Spean Bridge	21
Martin	Cara	East Lothian	Haddington	10
Martin	Ian	Midlothian	Edinburgh	6
Martin	Morticia	Midlothian	Edinburgh North	6
Marynicz	Fiona	Berwickshire	Birgham Nr. Coldstream	22
Mason	Carol Ann	East Dunbartonshire	Lennoxton	13
Massie	Linda	Shetland Islands	Lerwick	22
Master	Katherine	Berwickshire	Swinton	21
Masterson	Patricia	Western Isles	Isle of Harris	15
Masterton	Lorna	Argyll & Bute	Helensburgh	14
Mathers	Evelyn	Midlothian	Edinburgh South	8
McCall	Jamie	Lothian	Edinburgh	9
McCrorry	Michael	Lanarkshire	Glasgow	12
McCulloch	Jean	Aberdeenshire	Aboyne	2
McCurdy	Eamonn	Inverclyde	Port Glasgow	19
McDiarmid	Margaret	Isle of Skye	Portree	16
McDonald	Linda	Renfrewshire	Glasgow	13
McDougall	Helen	Strathclyde	Glasgow	14
McFadyen	Lynn	Midlothian	Roslin	9
McGeady	John	Lanarkshire	Glasgow	12

<b>Surname</b>	<b>Forename</b>	<b>County</b>	<b>City</b>	<b>Page</b>
McGhee	Ann	Highland	Fortrose	15
McGowan	Paul	West Dunbartonshire	Clydebank	14
McIlwraith	Linda	Dunbartonshire	Dumbarton	14
McIntosh	Lisa	East Lothian	Pencaitland	10
McKay	Jane	Aberdeen	Aberdeen	1
McKay	Shona	London	West Hampstead	22
McKelvie	Mandy	Lanarkshire	Glasgow	14
McKenzie	Fiona	East Lothian	East Lothian	10
McLachlan	Diane	Midlothian	Edinburgh	5
McLay	Callum	West Lothian	Seafield	10
McLeod	Lorna	Midlothian	Port Seton	10
McNae	Corrinne	Perth and Kinross	Perth	20
McVeigh	Gavin	Midlothian	Edinburgh	6
Miller	Anne-Lise	Scottish Borders	Reston	22
Millican	Peter	Midlothian	Edinburgh	9
Milligan	Alison	Midlothian	Edinburgh	6
Milligan	Lorna	Berwickshire	Earlston	21
Miorin	Bruno	Lothian	Edinburgh	6
Moir	Penny	Ross-shire	Garve	15
Moir	Wendy	Aberdeenshire	Kinellar	1
Mollison	Lynne	Midlothian	Edinburgh	7
Mollison	Susan	Stirlingshire	Falkirk	11
Monteith	Kirsteen	Renfrewshire	Giffnock	13
Moore	Hywel	Lanarkshire	Airdrie	18
Moore	Janette	Morayshire	Keith	4
Moran	Sharon	Renfrewshire	Glasgow	12
Morgan	Donna	Perth and Kinross	Perth	20
Morocco	Bernard	East Lothian	Musselburgh	9
Morrow	James	Lanarkshire	Glasgow South	13
Morton	Jacqueline	Stirlingshire	Balfon/Killlearn	13
Munro	Neil	Lothian	Edinburgh	9
Munro	Wendy	Inverness-shire	Aviemore	20
Murdoch	Karen	Moray	Forres	15
Murgatroyd	Kathleen	Argyll	Taynuilt	19
Murray	Jacqueline	Lothian	Edinburgh	7
Nash	Anne	Lothian	Edinburgh	7
Neill	Jean	Midlothian	Rosewell	9
Netley	Doreen	East Lothian	Port Seton	10
Newall	Katherine	Lanarkshire - South	East Kilbride	14
Nicol	Lee-Anne	Aberdeenshire	Ellon	3
Nicol	Margaret	Aberdeenshire	Inverurie	4
Nicol	Nicola	Angus	Brechin	5
Nimmo	Garry	Grampian	Aberdeen	2
Norrie	Derek	Fife	St.Andrews	18
O'Brien	Maureen	Aberdeenshire	Ellon	3
Orr	Ruth	West Lothian	Linlithgow	11
Palmer	Anne	Aberdeenshire	Stonehaven	3
Park	Lynn	Aberdeenshire	Ballater	3
Patrick	Pauline	Angus	Dundee - Barnhill	5
Paxton	Colin	Roxburghshire	Hawick	21
Peace	Ruth	Aberdeenshire	Aberdeen West	1
Penny	Angela	Aberdeenshire	Aberdeen	1
Pepper	Hazel	Highland	Sutherland nr Ullapool	15
Pepper	Helen	Aberdeenshire	Fraserburgh	3
Pettit	Ruth	Lothian	Edinburgh	6
Philip	Michael	North Lanarkshire	Glasgow	14
Pietrucin-Materek	Marta	Aberdeenshire	Aberdeen	2
Plewa	Melinda	Aberdeenshire	Oldmeldrum	4
Plumb	Mandy	Aberdeenshire	Aberdeen	1
Porter	Samantha	West Dunbartonshire	Clydebank	13
Presly	Sarah	Aberdeenshire	Oldmeldrum	4
Priestley	Sara	Midlothian	Edinburgh South	8
Pringle	Allan	Aberdeenshire	Peterhead	3
Purves	Maureen	Lothian	Dalkeith	9

<b>Surname</b>	<b>Forename</b>	<b>County</b>	<b>City</b>	<b>Page</b>
Quadros	Paulo	Lanarkshire - South	Strathaven	18
Reid	Eileen	Renfrewshire	Paisley	19
Rennie	Jean	Dumfries-shire	Dumfries	5
Rennie	Ruby	Fife	Dalgety Bay	17
Rezabek	Rudolf	Aberdeenshire	Aberdeen	1
Riach	Helen	Aberdeenshire	Aberdeen West	1
Ringstrom	Cassandra	Lothian	Edinburgh	6
Robb	Fiona	Highland	Inverness	15
Roberts	Joan	Lothian	Edinburgh	6
Robertson	Caroline	Lanarkshire	Glasgow East	12
Robertson	Lesley	West Lothian	Livingston	11
Robertson	Mandy	West Lothian	Edinburgh	11
Roe	Emma	Midlothian	Edinburgh	6
Rogers	Gabby	Argyll & Bute	Lochgilphead - Ardfern	19
Ross	Carly	Scottish Borders	Coldstream	22
Russell	Colin	Midlothian	Edinburgh East	9
Ryan	Catherine	Midlothian	Edinburgh South	7
Sandham	Irene	West Lothian	Linlithgow	11
Scobie	Andrew	Lanarkshire - South	East Kilbride	14
Scott	Fiona	Berwickshire	Cockburnspath	22
Seger	Natacha	Aberdeenshire	Aberdeen	1
Selbie	Gail	Grampian	Aberdeen	1
Seller	Lev	Moray	Forres	15
Shanks	Brian	Northumberland	Berwick upon Tweed	23
Sharratt	Mary	Tweeddale, Borders	Innerleithen	10
Simpson	Yvonne	Berwickshire	Eyemouth	22
Sinclair	Patricia	Midlothian	Edinburgh South	7
Smith	Catherine	Highland	Conon Bridge	15
Smith	Ian	Midlothian	Edinburgh	8
Smith	Rebecca	Aberdeenshire	Ellon	3
Smith	Susan	Dunbartonshire	Helensburgh	14
Sneddon	Breda	West Lothian	Linlithgow	11
Somerville	Carole	Tayside/Angus	Dundee	5
Souter	Jean	Aberdeenshire	Aboyne	2
Speed	Donna	Aberdeenshire	Kincardine O'Neil	2
Spooner	Beck	Ayrshire	Ayr	16
Starkey	Susan	Angus	Arbroath	5
Steele	Caroline	Lothian	Edinburgh	6
Stein	Cathleen	Aberdeenshire	Banchory	2
Stevenson	Lyndsey	North Lanarkshire	Hamilton	18
Stewart	Alan	Ayrshire - South	Prestwick	16
Stewart	James	Renfrewshire	Lochwinnoch	19
Stewart	Lynne	Aberdeenshire	Aberdeen West	2
Stoker	Susan	Midlothian	Edinburgh	9
Struckmeier	Nora	Lothian	Edinburgh	8
Sulit	Anna Liza	Midlothian	Edinburgh	6
Summers	Allison	Aberdeenshire	Stonehaven	3
Sutherland	Joan	Aberdeenshire	Aberdeen City Centre	1
Syme	Jennifer	Fife	Dunfermline	18
Syme	Lisa	Lanarkshire	Motherwell	18
Tainsh	Anne	Giffnock	Glasgow	13
Tait	Maggie	Orkney	Kirkwall	17
Tallo	Kristin	Aberdeenshire	Aberdeen West	1
Taylor	Elizabeth	Lanarkshire	Bellshill	18
Taylor	Silvia	Fife	Kirkcaldy	17
Tchoubkovets	Andrei	Lothian	Edinburgh	8
Thomas	Nicola	Northumberland	Alnwick	22
Thomas	Penny	Perthshire	Crieff	20
Thomason	Vaila	North Isles	Shetland	22
Thomson	Alan	Midlothian	Dalkeith	9
Tiernan	Jackie	Fife	Thornton	17
Tierney	Frances	Midlothian	Edinburgh	6
Tolmie	Hilary	Highland	Inverness	15
Tomasino	Deanne	Lothian	West & Central Edinburgh	6

<b>Surname</b>	<b>Forename</b>	<b>County</b>	<b>City</b>	<b>Page</b>
Toms	Myra	Lanarkshire - North	Motherwell	18
Trimby	Alan	Scottish Borders	Hawick	21
Turner	Aelrid	Lanarkshire	Glasgow	13
Turner	Lindsey	Stirlingshire	Falkirk	11
Turner	Moira	Midlothian	Edinburgh East	6
Urquhart-Taylor	Sarah	Ross-shire	Poolewe	15
Wales	Alexander	Aberdeenshire	Ellon	3
Walker	Carol	Midlothian	Edinburgh	7
Walker	Karen	Grampian	Aberdeen	1
Walker	Sue	Midlothian	Roslin	9
Walker	Zena	Fife	Elie	17
Wall	Penny	Midlothian	Edinburgh City Centre	5
Wallace	Jo	Ayrshire	Coylton	16
Ward	Christine	Lanarkshire	Biggar	19
Warner	Julia	South Lanarkshire	East Kilbride	14
Warnock	Carolyn	Midlothian	Edinburgh	6
Watson	Christine	Lanarkshire - North	Shotts	18
Watson	Moira M	Borders	Duns	21
Webster	Fiona	Surrey	Ottershaw	22
Webster	Gillian	Stirling	Bridge of Allan	12
Weideger	Robin	Ayrshire	Irvine	16
Welsh	Lisa	Highland	Inverness	15
White	Barbara	East Lothian	North Berwick	10
White	Margaret	Lanarkshire	Coatbridge	18
Williams	Jean	Fife	St. Andrews	18
Windle	William	East Yorkshire	Hull	22
Winters	Sue	Scottish Borders	Denholm	21
Wojciechowska	Lynn	Renfrewshire	Paisley	19
Wong	Martine	Lanarkshire	Glasgow	12
Woodall	Lesley	South Lanarkshire	Biggar	18
Wright	Katherine	Highland	Kingussie	20
Young	Margaret	Scottish Borders	Selkirk	21

### **Swedish Massage**

Swedish Massage involves a variety of techniques, which have been around since ancient times, effective in inducing relaxation, re-energising or stimulating. Easing stress is important as this is the cause of most disease. This may involve the use of aromatic oils and/or relaxation techniques. Working with the body to rid it of accumulating toxins can have amazing results on many chronic conditions. Bodies like sameness and patterns so future massages build on each other with wonderful effects. Swedish Massage forms the basis of most Massage Therapy. Diploma in Swedish Massage: DSM.

### **Therapeutic Massage**

Therapeutic Massage may involve other modalities or techniques used as an adjunct to Swedish Massage. The Therapist has a diploma in Therapeutic Massage and is recognised by the letters DTM.

### **Remedial and Sports Massage**

Therapists who have trained in these modalities are skilled in deep tissue work – such as is required in many painful conditions and by athletes who want to enhance their performance. The client will be assessed for range of motion in affected joints and those associated and then treated accordingly, using a variety of techniques: neuromuscular technique, myofascial release and so on. The therapist has the letters RMT.

### **Advanced Remedial Massage**

Advanced Remedial Massage involves specific techniques used with Swedish and Remedial and Sports Massage to treat lesions of joints, e.g. frozen shoulder, tennis elbow etc., and back pain. These Muscle Energy Techniques are so effective and may mean that manipulation may not be necessary. For some people, this is most important as joint manipulation may not be possible due to their condition. The Therapist has a Diploma in Advanced Remedial Massage and has studied pathology – letters DARM.

### **Aromatherapy**

Therapists listed as Aromatherapists have done a certificate course in Aromatherapy.

### **Clinical Aromatherapy**

Clinical Aromatherapy means the therapist has a Diploma in Clinical Aromatherapy, and is qualified to make up essential oil preparations for his or her patients. Massage is often used but there are many other ways that the essential oils can be used if massage is not indicated or preferred – letters DCA.

### **Manipulative Therapy**

Manipulative Therapy involves soft tissue and joint manipulation, and is used alongside Advanced Remedial Massage techniques. Therapists hold a Diploma in Manipulative Therapy. The Manipulative Therapist will check the whole body for any structural abnormalities that may be contributing to or indeed causing a particular condition – letters Dip.Manip.

### **Osteopathy**

Osteopathy can involve all of Manipulative Therapy and Advanced Remedial Massage techniques as well as specific release techniques for joints – letters DO. They treat backs, fronts and insides!

### **Reflexology**

Reflexology involves specific techniques applied to particular areas and points on the feet and/or hands known as reflexes. Working these points and zones affect other areas of the body to create balance, restoring and maintaining health – particularly good in sinusitis, constipation and hormonal problems. Letters: DIR.

### **On-Site Massage Therapy**

These therapists attend the work-place and deliver a ‘through the clothes’ massage on a special chair, that is both relaxing, re-energising and great for aching necks, shoulders and arms. It is a great de-stresser. Many companies, both on and off shore, are seeking out On-Site Massage Therapists to assist in reducing days off sick and also finding that massage improves workers’ concentration and productivity.

### **Home Visits**

These Massage Therapists will give you a Massage Therapy or a Remedial Massage treatment in your own home.  
**All Members of the SMTO hold a current Certificate of Membership.**

## **BENEFITS & EFFECTS OF MASSAGE**

**These are many and varied and we attempt to list a few here! You can't separate out the systems of the body or indeed separate them from you, your thoughts or your emotions. This is why Massage Practitioners work with the whole person. In simple terms, the feel good feeling that you will get from a good massage, helps you to secrete the chemicals that are responsible for you getting better and staying that way!**

### **Effects on the Muscular and Skeletal System, Massage:**

- promotes better balance between muscle groups thus improving posture which has knock on effects on the whole body
- helps joint movement by freeing adhesions, relieving muscular tightness, stiffness, spasms and restrictions in the muscle tissue, improving flexibility in the muscles at the same time.
- helps break down scar tissue and reduces the amount and way that scar tissue is laid down
- helps to decrease inflammation. As a result it can help to restore range of motion to stiff joints.
- improves muscle tone and balance, reducing the physical stress placed on bones and joints.
- increases circulation transporting more oxygen and nutrients, reducing muscle fatigue and soreness.
- promotes removal of toxins and waste products from the muscle allowing healing nutrients in

### **Effects on the Cardiovascular System, Massage:**

- improves circulation to the heart itself as well as mechanically assisting the venous flow of blood back to the heart, while increasing transportation of fresh oxygen and nutrients to the tissues, as well as the removal of waste products, toxins and carbon dioxide
- helps to decrease blood pressure, due to dilation of capillaries and relaxation effects which mean that the heart doesn't have to work as hard

### **Effects on the Lymphatic System, Massage:**

- helps to reduce excess fluid in the tissue by increasing lymphatic drainage and the removal of waste
- helps to strengthen the immune system, due to increase in white blood cells and T cells

### **Effects on the Nervous and Endocrine Systems, Massage:**

- stimulates sensory receptors: this can either stimulate or soothe nerves depending on the techniques used.
- stimulates the parasympathetic nervous system, helping promote relaxation and the reduction of stress.
- helps to reduce pain by the release of the body's own painkillers and anti-inflammatory chemicals
- helps in balancing hormones. We are often out of balance due to thyroid problems, diabetes, puberty or menopause.

### **Effects on the Skin, Massage:**

- improves circulation to the skin, increases nutrition to the cells, encouraging cell regeneration
- increases production of sweat, helps to excrete waste products through the skin; increases sebum production, helping to improve the skin's suppleness and resistance to infection.
- improves elasticity of the skin and colour

### **Effects on the Respiratory System, Massage:**

- makes cells demand less oxygen through relaxation effects, so breathing problems can be eased
- deepens respiration and improves lung capacity by relaxing any tightness in the respiratory muscles.
- helps to slow down the rate of respiration due to the reduced stimulation of the sympathetic nervous system

### **Effects on the Digestive System, Massage:**

- increases peristalsis in the large intestine, helping to relieve constipation, colic and gas
- promotes the activity of the parasympathetic nervous system, which stimulates digestion.

### **Effects on the Urinary System, Massage:**

- increases urinary output due to the increased circulation and lymph drainage from the tissues.

### **The Physiological Effects of Massage:**

- reduces stress and anxiety by relaxing both mind and body - stress is major cause of disease
- creates a feeling of well-being and enhanced self-esteem
- promotes positive body awareness and an improved body image through relaxation
- eases emotional trauma through relaxation

### **Massage is:**

**body soothing, mind relaxing, sleep inducing, stress releasing, pain relieving, muscle toning, age delaying, sports improving, health enhancing, mind uplifting, energy boosting, zest restoring.**

**Come alive with Massage!**