

### Lorraine Horton

#### Massage, Lymph Drainage, Myofascial Release

Lorraine first received massage whilst travelling in Asia 28 years ago! She combines various massage approaches to provide an individual, client-led session. This includes soft and deep tissue work, Integrated Myofascial Release, Manual Lymphatic Drainage (Vodder); Reflexology. She established her first school of massage in 2004 and now directs Devon School of Massage & Bodywork. She teaches massage (Levels 4-5) and provides advanced training for those already qualified.



### Lyanne Motteram

#### Foot Health Practitioner

Throughout our life span nearly all of us will suffer with some kind of painful/uncomfortable foot condition. I am able to treat children right through to the elderly and enjoy the variety this job offers me. I offer pain-free, gentle and effective foot health treatments, offering appointments at the clinic as well as home visits.



### Julie Whitmore

#### Massage Therapist and Reiki Master Practitioner

I was in Banking for 14 years but wanted to do something to help people feel good about themselves so trained to become a Beauty Therapist 15 years ago. Set up my own Mobile Beauty business and added Holistic Massage and Reiki to my portfolio. I am now a Reiki Master Teacher Practitioner and a team member of the Devon School of Reiki. I offer Reiki, Reiki Massage and Holistic Massage.



### Julie Snell LCCH RSHom

#### Registered Homeopath

Julie was introduced to Homeopathy over 25 years ago and her interest grew until it became a way of life for her and her family. She graduated from the Contemporary College of Homeopathy and is a fully registered member of the Society of Homeopaths. Julie recognises the need for a system of natural health care, to help people cope with the stresses and strains of modern-day living.



#### Support for Patients

We take time to listen.

All our therapists recognise that no two people are the same. We respect the individual needs of their patients, by offering them the choice to use self care for

- Prevention of symptoms
- Management of stress
- Maintenance of well being

**Free consultations** are available with any of our therapists.

**Meditation for relaxation and wellbeing also available**

#### **Gift Vouchers available**

Rose and Crown Clinic  
6 South St  
South Molton  
N Devon, EX36 4AA

For more information visit our website:  
**[www.roseandcrownclinic.co.uk](http://www.roseandcrownclinic.co.uk)**  
Tel: **01769 572608**

# ROSE AND CROWN CLINIC

*The Clinic with a Heart*

6 South Street  
South Molton, N Devon EX36 4AA



Established since 1989

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

**Tel: 01769 572608**

## **The Rose and Crown Clinic**

The Rose and Crown has developed from a family home into a thriving clinic of 30 years. Its aim is to be seen as 'The Clinic with a Heart', where patients can choose between different approaches in Complementary Medicine, and receive help and guidance in self care.

### **Frank Loftus, DC, MMCA** *Chiropractor McTimoney Approach*

Having farmed after leaving school, Frank retrained in his late 40's as a chiropractor (McTimoney approach). He began practising in his own home, and has been running the Rose and Crown Clinic for the last 20 years. He loves walking and studying philosophy.



### **Anne Hext, BSc (Hons) Chiro, DC, MMCA** *Chiropractor McTimoney Approach*

Anne first worked in the Health and Fitness industry, and specialised in remedial support for two years. As a sports enthusiast she suffered injuries that needed chiropractic attention. This inspired her to follow her calling in chiropractic completing five years study and gaining a first class honours degree.



### **Emily Van Wyk, BSc (Hons) Chiro, DC, MMCA** *Chiropractor McTimoney Approach*

Emily first discovered chiropractic as a patient after falling off a horse. She went on to finish her degree in Classical Studies before training as a chiropractor, and has an interest in sports injuries and rehabilitation.



### **Shona Loftus, DC, MMCA**

#### *Chiropractor McTimoney Approach*

Shona qualified in 1998 and practiced at the Rose and Crown for two years before moving to work and live in Exeter. Now her children are at school she has returned to the clinic to work on Wednesdays.



### **Steven Rule, BSc (Hons) Chiropractor**

Steven originates from Cornwall, from there he moved onto study a Bachelor of Science Degree at the University of Gloucestershire in

Cheltenham. His science degree led to Steven being offered a place studying Chiropractic at McTimoney College, Oxford. There Steven completed his BSc in Chiropractic in 2004. He uses his own successful blend of chiropractic techniques, dry needling and one to one patient to chiropractor care. He now lives in Combe Martin and enjoys taking his boat out with his family.



### **Jeanie Blackall, BSc, Cert ECBS, MBTPA, FFHT, ITEC**

#### *Bowen Technique, Massage, Aromatherapy, Emmett Technique, Reflexology.*

After obtaining her BSc, Jeanie was somewhat of a nomad, trying various jobs and travelling the world. In the 1980s she embarked on a new career in massage and bodywork, and has undertaken numerous trainings which she integrates and adapts to each person's needs. Jeanie's wide range of skills and experience, coupled with her natural healing abilities and caring nature, create effective and popular treatments.



### **Audrey Smith, BA Phil CYT CET**

#### *Embodiment™ practitioner, Svaroopa™ yoga teacher, Theta™ healer*

Audrey discovered Svaroopa™, a unique style of yoga from America, after a serious back injury abruptly curtailed a passionate career in surfing. Her spine finally began to heal through practising this type of yoga. Her love is to share what she considers the magic of 'opening' one's spine. With over 15 years of experience Audrey is one of the few Svaroopa™ practitioners in the UK. She also offers a new cutting edge therapy called Theta™, an elegant system using the theta brain wave and kinesiology for physical, mental, emotional and spiritual healing.



### **Simon King BA Phil MBAC MRCHM**

#### *Acupuncture and Chinese Medicine*

Simon gained a first class degree in philosophy before studying Acupuncture and Chinese Medicine in the mid 1980s. He set up a clinic in Exeter where he still works with his wife. He learnt to read medical Chinese at an early stage and having access to Chinese books and journals has been an important influence on his work. As well as greatly enjoying practicing he also teaches Herbal Medicine.



### **John Spurr, BSc(Hons), BA(Hons), MCSP**

#### *Physiotherapist*

After graduating in 2001 with a degree in Philosophy, John fell in love with Exmoor and the North Devon coast. He found true inspiration in the benefit of physical therapy to counter the effects of being a keen surfer and musician. Qualification and practice in both holistic and sports massage therapy only fueled his ambition, leading him to return to study in 2011 and gain a degree in physiotherapy. John has now settled in the area with his wife and loves surfing, photography, tennis and music.



### **Charlotte Yonge PhD, DipEL, Cert CJEA**

#### *Expressive Therapy and Health Research*

Charlotte was brought up in East Africa and is a qualified teacher, play trainer and coach. Since gaining a PhD in children's language and learning in 1998, she has developed individual expressive therapy and coaching for children and adults, integrating expressive arts, mindfulness and creative journal. She enjoys walking, meditation and drumming.

