

## Inner Harmoni Complementary Therapist of the Year 2018 - West London

Inner Harmoni, led by Margaret Solomon developed 'Beyond The Treatment Rooms' a range of on-site holistic health stress relief solutions. We invited Margaret to talk us through her unique treatment offering.

Inner Harmoni is an innovative London based practice dedicated to wellness and helping people to reduce and manage the ever increasing negative effects of daily stress on their emotions, mind spirit and body. Margaret explores the services she offers and how she aims to support her clients through to achieve health and wellbeing.

"At Inner Harmoni our bespoke service is tailored to client needs, ranging from therapeutic restorative massages, prescriptive aromatherapy massage which includes a mini face massage. We also blend personalised essential oils for home and office use, teach workplace wellbeing programmes and offer stress relief with Reiki as a self-healing certificate course.

"Over the years I have established a professional network of passionate therapists who support the services provided by Inner Harmoni. My expertise experience combined with a medical science background energy healing and intuitive ability enables me to assess client's needs and deliver the best possible service to each individual I support." We work with individuals, businesses, groups, and corporate clients.

Going forward, Margaret is keen to develop Inner Harmoni even further and build upon its success so far, as she excitedly concludes. "Looking to the future, in September we launch "Your Energy Matters" bringing the ancient healing art of Reiki into living well for the 21st century. Our one day courses range from, Release the Tension- designed for self-care and personal development, Enhance your Relationships – specifically for couples, families and parents and Sleep Tight – to help promote deep relaxation and restorative sleep.



Online Reiki self-healing training courses and distance healing service will be available so that many more people can reach us.

"Longer term, I am aiming to develop transformational wellness retreats with other therapists in the UK and Caribbean. These developments are exciting and offer myself and my team many great opportunities which we are looking forward to sharing"

Remember "The time to relax is when you don't have the time for it" – Sydney Harris

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