

A wonderful gift

May I say a big thank you to the FHT for the competition held in *International Therapist* [October 2012, issue 102]. I was over the moon to receive your notification that I had won the Tri-Dosha ayurvedic products, which were specifically tailored to work with and support my own individual constitution. The products arrived just before Christmas and so I asked my family to wrap them up and put them under the tree before I had a look at them. It made a wonderful gift.

I've now had the opportunity to use the Kapha face cream, which smells and feels divine, and will be using the Pitta body oil for a treatment swap with my friend, which I'm looking forward to. I also used the face cream on a client for her ayurvedic marma massage (face massage) – a truly luxurious treatment.

I'm hoping I get enough clients in 2013 to fund me for additional training in ayurvedic treatments with Tri-dosha.



Francis Camilla Green, MFHT