

Give the Gift of Inspiration this Xmas with a New Body Guide Gift Voucher

Submitted by: BLBC Limited

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This year, instead of giving someone more 'stuff' why not give them a gift of inspiration to start the New Year with. The new Body Guide Gift Vouchers can be redeemed against personal training sessions, life coaching sessions, stop smoking hypnotherapy and over 700 other treatments and therapies that provide inspiration to achieve personal goals or simply provide some well earned relaxation and pampering.

Everyone could benefit from a little inspiration to stick to personal goals or achieve harmony in their lives at any time of year but after the busy Christmas period and the start of New Year resolutions, it can be even more welcome.

Getting the help of a professional can make a huge difference and it is not just because of their specific knowledge. Professionally trained practitioners also provide motivation, an appointment for 'you time', personalised helpful hints & feedback plus simply someone else to focus on what you want to achieve. On the www.theBodyGuide.co.uk (<http://www.theBodyGuide.co.uk>) website there are over 700 different health, beauty, fitness and self development treatments/therapies and over 17,000 salons, clinics, therapists and instructors in the UK listed alongside them. Many of the treatments and therapies are quite specialised and aren't well known, like the Bowen Technique or EFT, but there are also the more familiar like Facials or Yoga.

Body Guide Gift Vouchers are very versatile as they don't need to be purchased for a specific treatment or therapy session - just a chosen amount. A personalised message within the card that comes with the voucher can suggest a particular treatment, for example 'Dear Sarah, I thought you might like to try a Personal Trainer, Love Julia', but it doesn't mean they need to try that one – they can simply choose to have a relaxing massage instead!

"Finding a unique gift for Christmas is always a challenge so Body Guide Gift vouchers are a great way to give a versatile gift but still with a personal touch. They are also great for men who have no idea what treatments woman want or employers who want to motivate their staff in a unique way." comments Peta Thorniley, founder of the Body Guide Group.

And even better, Body Guide gift vouchers can be purchased online or via the phone and will be posted to either the person who purchases them or the person who is the gift voucher recipient. So easy - a Christmas present in 10 minutes without leaving the house or office.

Body Guide Vouchers can be purchased online at www.theBodyGuide.co.uk/GiftVouchers.aspx or by calling 0845 00 66 298 during office hours.

Ends

For further press information please contact Peta Thorniley at The Body Guide, on 0845 0066 298 or press@thebodyguide.co.uk

Notes to Editors:

We are always interested in working with publications or clients that have competitions / special offers suitable for inclusion on the website. Please contact us to discuss.

The Body Guide Group is an ever extending network of health & beauty websites that provide news, information and directories with advanced search facilities to help locate treatments, therapies, instructors, consultants.

For a full list of all of the Body Guide Group websites go to www.theBodyGuideGroup.co.uk
(<http://www.thebodyguidegroup.co.uk>)

Other websites in the Body Guide Group include;

www.theAcupunctureGuide.co.uk (www.theAcupunctureGuide.co.uk)
www.theAromatherapyGuide.co.uk (www.theAromatherapyGuide.co.uk)
www.theBeautyGuide.co.uk (www.theBeautyGuide.co.uk)
www.theBodyGuide.co.uk (www.theBodyGuide.co.uk)
www.theCoachingGuide.co.uk (www.theCoachingGuide.co.uk)
www.theComplementaryGuide.co.uk (www.theComplementaryGuide.co.uk)
www.theDentalGuide.co.uk (www.theDentalGuide.co.uk)
www.theDietGuide.co.uk (www.theDietGuide.co.uk)
www.theFitnessGuide.co.uk (www.theFitnessGuide.co.uk)
www.theHomeopathyGuide.co.uk (www.theHomeopathyGuide.co.uk)
www.theLaserGuide.co.uk (www.theLaserGuide.co.uk)
www.theMartialArtsGuide.co.uk (www.theMartialArtsGuide.co.uk)
www.theMassageGuide.co.uk (www.theMassageGuide.co.uk)
www.theMedicalAestheticsGuide.co.uk (www.theMedicalAestheticsGuide.co.uk)
www.theMensGuide.co.uk (www.theMensGuide.co.uk)
www.theMindGuide.co.uk (www.theMindGuide.co.uk)
www.theNailGuide.co.uk (www.theNailGuide.co.uk)
www.thePersonalTrainingGuide.co.uk (www.thePersonalTrainingGuide.co.uk)
www.thePregnancyGuide.co.uk (www.thePregnancyGuide.co.uk)
www.theReflexologyGuide.co.uk (www.theReflexologyGuide.co.uk)
www.theSelfDevelopmentGuide.co.uk (www.theSelfDevelopmentGuide.co.uk)
www.theSkincareGuide.co.uk (www.theSkincareGuide.co.uk)
www.theSpaGuide.co.uk (www.theSpaGuide.co.uk)
www.theTanningGuide.co.uk (www.theTanningGuide.co.uk)
www.theYogaGuide.co.uk (www.theYogaGuide.co.uk)