

# Cheryl Cockcroft

## Services provided

- Massage, reflexology and aromatherapy before and during pregnancy and after the birth, as well as to help older women with menopausal problems
- Indian head massage
- Baby massage classes for parents

## Geographical area / Contact

Croydon, Bromley, Beckenham

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Websites : [www.holistictherapies4.co.uk](http://www.holistictherapies4.co.uk)

Following a career of over 25years in retail management, Cheryl decided it was time to rebalance her work and family lives and, having been interested in natural and complementary health for many years, she made a life-changing move to train as a therapist and start her own practice. Cheryl trained in aromatherapy, Swedish massage and Indian head massage at the internationally renowned Raworth College of Natural Therapies in Dorking, Surrey and, since qualifying, has undertaken continuing professional development with Expectancy to enable her to provide complementary therapies for pregnant mothers. Cheryl works from a ground floor practice in her own home.