

*Lesley retired from her 25-year career as a Registered nurse to focus on her love for Yoga as therapy. She is a specialist in Menopause symptoms and stress management, a Reiki teacher, Clinical Aromatherapist, Sound Healer and loves to give Thai yoga massage*

*Her motto is*

### ***'Health isn't one size fits all'***

*Lesley strives to help bring health and harmony to all ages, sizes and abilities.*

*She has a Wellbeing room in Hull and, teaches classes around Hull and surrounding villages.*

*Lesley offers One to One sessions both in person and online.*

*She has a regular timetable for workshops, as well as pamper days and weekend retreats.*

*Lesley offers One to One sessions, both in-person and online.*

*She blends a personalised fusion of her skills to find the best solution for your wellness – be that:*

*Managing peri/menopausal symptoms.*

*Sleep management.*

*Stress and anxiety symptom management.*

*Developing flexibility, strength and stamina through movement.*

*Plans are based on your abilities and requirements.*

*Member British Wheel of Yoga. International Federation of Professional Aromatherapists. Menopause Yoga accredited Teacher.*



**Tel No: 07914241469**

**We offer a 12-week programme, using a combination of medical and holistic interventions to help you manage:**

- **Weight Management**
- **Sleep Optimisation**
- **Hot flushes/Night Sweats**
- **Anxiety**
- **Stress**
- **Aches and pains**
- **Fitness**

*Tracey is a Registered Nurse with many years of experience. East Riding Aesthetics & Wellness was born in 2014 following some exceptional training from world leaders in the Aesthetics field. Tracey also has a special interest in Lifestyle Medicine particularly in relation to women's health (age 45+) for which she has undertaken specialist training. Author of 2 books, Tracey writes for a number of Peer Reviewed journals and presents at conferences on a national and global stage. Tracey has a passion for learning and is constantly looking for ways to serve her patients better, be it with the safest and most effective aesthetic techniques to balance and rejuvenate, or to help improve health and wellbeing for 'ladies of a certain age'.*

*Her passion is*

***'To build confidence, help patients find their sparkle and wear their best smile!'***

East Riding Aesthetics is a registered partner of the National Medical Weight Loss Programme and registered with the British Menopause Association.

East Riding Aesthetics & Wellness is a CQC registered Clinic.

## Testimonials:

"Apart from the physical benefits of my yoga practice, it has also helped me achieve a calmer, more positive outlook on life, and a general feeling of wellbeing. I am not sure if yoga has changed my life, but it has certainly changed for the better how I look at and deal with life".

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"For the past 10 years, Lesley has kept this middle-aged mum and grandma fit both mentally and physically. Her classes are special as they are designed for anyone and everyone to benefit, and, with her qualified nursing background, she informs throughout classes and treatments' alike which I find invaluable in helping me take charge of my own wellbeing. I feel equipped to embark on a healthy and fulfilled old age. I can't thank or recommend Lesley enough". Mrs M Fowler.



East Riding  
Aesthetics & Wellness



Health in Harmony



MENOPAUSE YOGA  
ACCREDITED TEACHER

"Just wanted to update you on my weight loss progress. 5 weeks in working with Tracey and 11.9lbs down. BMI down, muscle content up and visceral fat down (belly fat) ... External factors still push sometimes and I end up comfort eating, not good 😞. Really happy with my progress and the impact it's having on my life."

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Tracey is phenomenal, she listened, showed she cared, did a full and proper assessment and provided me with incredible advice and a treatment plan. I'm excited to get started and feel safe.

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[www.eastridingaesthetics.co.uk/wellness](http://www.eastridingaesthetics.co.uk/wellness)

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