



## December Newsletter



### ✨ Merry Christmas from Claire Watkins Acupuncture ✨

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As the year draws to a close, I want to take a moment to thank you for trusting me with your health and wellbeing in 2024. All of you will have visited me as a new patient in 2024 and I am so eternally grateful for your continued support. Whether you've come for pain relief, fertility, mental health, or simply to enjoy a moment of calm, it's been my privilege to support you on your journey.

Here's what's happening at Claire Watkins Acupuncture this festive season:

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## Gift the Gift of Wellness

Looking for a meaningful Christmas gift? Why not treat your loved ones to the gift of relaxation and healing with a Claire Watkins Acupuncture gift voucher? Perfect for those seeking pain relief, stress reduction, or a little me-time in the New Year. You can buy gift vouchers in person or send us a message via What's app and we can post it to you. If you require postage, please consider the Royal Mail final delivery dates which are Wednesday 18th December for 2nd Class, Friday 20th December for 1st Class and Tracked 48, Saturday 21st for Tracked 24. All postage costs will be calculated and charged based on selected service.

Ask us for a Gift Voucher on What's App

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## Christmas Opening Hours

I'll be taking a short break over the festive period to recharge and spend time with family.

- **Remaining clinic days:** Tuesday 10th, Wednesday 11th, Monday 16th, Tuesday 17th, Monday 23rd
- **Last appointment:** Monday 23rd December 2024
- **Clinic reopens:** Monday 6th January 2025

Be sure to book your sessions early to avoid missing out!

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## Reflecting on 2024

This year has been full of incredible moments. From graduating with a First-Class Honours degree in Acupuncture and Chinese Medicine to welcoming new patients to my clinic room at West Barn Co.

I am so grateful to work alongside the lovely staff at WBCo Clinic and practice Traditional Chinese Medicine daily.

Hearing your feedback and success stories has been the highlight of my year!



Photos:

Left: Myself and Jessy, the amazing WBCo Clinic Massage therapist.

Middle: Myself at Graduation.

Right: My friend and I at the WBCo Cleanse and Glow Launch



## Winter Wellness Tips

Winter can take a toll on our bodies, so here are my top tips to stay healthy this season:

- **Boost your Qi:** Incorporate warming foods like ginger, cinnamon, and hearty soups into your diet.
- **Stay active:** Gentle movement like walking, yoga or QiGong help to keep your energy flowing.
- **Rest and recharge:** Prioritise sleep and allow yourself to slow down amidst the Christmas holiday madness.

## Don't forget



## Money off your next appointment?

- **Leave a Review, Get a Discount:** How has your experience been at Claire Watkins Acupuncture? I truly value your feedback! Patients who leave a Google review will receive a 10% discount on their next treatment. Thank you for helping me continue to grow and support more people on their journeys.

Leave a review

- **Booking Reminder:** If you're considering an acupuncture session, head over to [www.clairewatkinsacupuncture.com/booking](http://www.clairewatkinsacupuncture.com/booking) to book your appointment. If you like a certain day or time, why not book a in advance to secure your time slot.

Book your appointment

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## Thank You

To all my wonderful patients, thank you for allowing me to be a part of your journey. Your trust and support mean the world to me.

Wishing you a peaceful, joyful Christmas and a New Year filled with health and happiness.

Warm regards,  
Claire Watkins



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**Claire Watkins Acupuncture**

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