

WELLBEING

- WRITER -

IN ASSOCIATION WITH

THE
CHALET
HOLISTICS AT HENLEY



Biography - Nicole Barton:

OWNER OF WELLBEING WRITER & CHALET HOLISTICS

Nicole is a passionate Wellbeing Mentor and Ambassador, adoring all things holistic and natural, with a particular passion for the innovative field of inspirational thought.

Starting working life as a Brand Manager in the beauty world, her journey into the *holistic* realm began when she experienced the imbalance of today's face-paced lifestyle and developed Chronic Fatigue Syndrome. Holistically healing herself, she travelled the globe, journeying far – from Stonehenge to Bali - to learn a wide variety of worldly wellbeing techniques, training at an award-winning colleges in various weird and wonderful complementary therapies. This including her passions for Homeopathy, Yoga, Meditation and Aromatherapy, before she awakened to the profoundly truthful Three Principles understanding of what it is to be a human experiencing life through thought. During her journey, she established Chalet Holistics – her specialist wellbeing clinic and training centre, based in rural Warwickshire - before building practice in London clinics. Nowadays, she passionately shares her insights through Wellbeing Mentoring, helping people make sense of life and support themselves back to balance, from the inside-out. You can find her hopping between specialist clinics, offering appointments via Skype, as well as planning inspirational workshops and hosting wellbeing networks – all throughout London and the West Midlands.

Nicole is an industry authority journalist - with her own blog, Wellbeing Writer - and undertakes Journalism and Press work for various wellbeing industry publications, including Holistic Therapist Magazine, Natural Health Magazine, Yoga Magazine, True Health Magazine, Your Healthy Living Magazine and FHT's International Therapist. She is also a Marketing and Branding Consultant for leading wellbeing brands throughout the UK, such as leading Aromatherapy brand, Base Formula, for whom she is a regular guest blogger. She has recently been supporting a fantastic holistic health charity - Complementary Support Teams UK - and loves the authenticity of helping people feel reconnected to life.

Fun Facts:

1. *Nicole believes we are all perfectly whole, perfect and complete underneath all our vastly creative thoughts about who we really are! She shares this profound understanding to help people make sense of life.*
2. *The therapy she is most passionate about is Homeopathy because, despite it being quite a controversial topic, she knows in her heart it works.*
3. *With a real love of Aromatherapy and its therapeutic benefits, her favourite essential oil is Sweet Orange!*
4. *During playtime, Nicole can often be found upside down practicing handstand – and she loves integrating all her holistic therapies into a unique 'Yoga and Meditation' wellbeing fusion!*

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