

## Press Release

### Wellbeing at Wallace & Co with Body in Balance



Fiona Wallace is keen to create a “wellbeing” space within Wallace & Co, her newly opened salon on Glen Albyn Drive, Kirkcaldy.

She said, “The first thing most people look at when they wake up is their hair. They seldom think about their well-being – I would like to put the two together and provide Wallace & Co clients with a whole body experience”.

Fiona brings 30 years continuous experience in the hairdressing industry to Wallace & Co. She began her career as a hairdresser in local salons before joining the Kimber Group, Europe’s biggest hairdressing company at that time, as a Salon Manager. Fiona began teaching at Fife College, part-time, in 1998 and opened FMG Hairdressing in the same year. The business had a very successful eleven years and changed hands in 2009 when Fiona took on the role of Curriculum Head in Hairdressing at the College.

Fiona got in touch with Mariette Lobo of Body in Balance and together they set up a service to deliver the “whole body experience” and the opportunity of improved well-being to clients of Wallace & Co.

As well as being an award-winning tutor, Mariette also has a reputation in the treatment of sports injuries and many people locally and internationally are convinced of the effectiveness of complementary therapies at Body in Balance – (see the compelling testimonials at [mariettelobo.com](http://mariettelobo.com)).

Mariette said of her healing methods, “They offer a holistic, preventative approach to health care and lead to an overall sense of wellbeing.”

The new Wellbeing service begins at Wallace & Co on the 12<sup>th</sup> of January 2015 and appointments with Mariette will be available at the salon every Monday from 10am to 5:30pm.

On Tuesday the 2<sup>nd</sup> of December 2014, to introduce the new service, clients can drop in for free 15 minute therapy sessions at the Therapy Tasters Drop In at Wallace & Co. There’s no need to book and sessions are available from 10am to 3pm.