

Brookes Therapies & Wellbeing@ReCoop Health
Aston Road, Abbey Green, Nuneaton, CV11 5DT

Treatment Menu

*Brookes
Therapies*

**Complementary Therapies
Therapy Training**



*Holistic massage
and beauty
treatments*

07966 389702

brookes.beauty@gmail.com

www.brookesbeauty.com

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ME



Hi there!

I'm Lindsey Brookes, I'm a Complementary Therapist and Clinical Aromatherapist based in ReCoop Health in Nuneaton. I'm also a therapy teacher and assessor, teaching the next generation of professional therapists.

We deliver personalised therapeutic treatments and pampering rituals to clients at the Abbey Green clinic and bespoke aromatherapy support and prescriptions online via Zoom. We guarantee you will feel better on leaving than when you arrived and you will discover the many benefits of regular treatments. See you soon!

about

Lindsey x



How to Book

Online

Online booking is free with the convenient option of prepaying for your treatment - or a gift treatment for someone else. Use this link to access the booking calendar. If you do not see a convenient appointment time available for you, please get in touch and we'll see what we can do.
bit.ly/bookingBB

Text

Text your name and preferred appointments days / times and what sort of treatment you'd like and we'll call you back asap to help arrange your treatment. For treatment enquiries or to purchase Gift Vouchers just drop us a text and we'll be in touch!
07966 389702

Phone

To book by phone, call our virtual receptionist on **024 7632 8337**

Email

We don't recommend you email us to book appointments as text and online booking is recommended and more regularly monitored. However for lengthier enquiries about symptoms or advice on treatments and remedies, you may email
brookes.beauty@gmail.com

O1

Tailored Treatments

Aromatherapy Massage

Deep Tissue Massage

Swedish Massage

Reflexology

Hot Stone Massage

Holistic Facial

Indian Head Massage

Reiki

Pregnancy Treatments

Couples Treatments

Tailored treatments are personalised sessions focussing on your specific needs.

Gnarly neck or shoulders? No problem!

Aching legs and feet? Got it .

Combine an Indian Head Massage with Reflexology to leave floating on a cloud or make your session count with a back, neck and shoulder massage paired with a facial.

You decide the time and what areas you wish to focus on and I will create a unique treatment for you.



30

Minutes

In a 30 minute session there is time for one technique only - massage OR tailored express facial OR taster treatment OR Indian Head Massage. Longer sessions can include several techniques. Nevertheless, each session is tailored to your specific needs.

60

Minutes

What makes social media unique is that it is both broad and relatively uncensored. While many social media companies impose some limitations—such as taking down images that display violence or nudity—there are much fewer limitations on what someone can s

90

Minutes

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O2

Holistic Facials

Express Facials
Signature Facials
Luxury Facial
Face Lift Facial

All of our gorgeous facial treatments are tailored to the specific needs of each client – there is no 'one size fits all' standardised treatment here.

We use the delightful and luxurious Neal's Yard Remedies range of facial skincare products plus bespoke aromatherapy products that are created by a Clinical Aromatherapist and experienced facialist. This way we create an absolutely unique experience and the very best results for our clients.

The Neal's Yard Remedies ranges are all available to purchase so clients can keep that salon finish feeling going at home until their next visit.



Express
Facial
30 Minutes

In a 30 minute facial we focus on gentle exfoliation, facial massage and moisturisation. Attention is lavished on delicately massaging the face to promote blood flow, lymphatic drainage reduces any puffiness and relieves stress. A neck and shoulder massage precedes the facial to soften any tension and enhance the effects of the lymphatic drainage and facial massage. A real skin boost.

Signature
Facials
60 Minutes

Signature facials last an hour and begin with a tension relieving neck and shoulder massage. A double cleanse, exfoliation, and a mask are applied. A scalp and head massage with our without hair treatment is performed while the mask is on. The facial massage included facial reflexology and eye treatments and serums are applied for a radiant finish.

Luxury
Facials
90 Minutes

A foot cleanse and nourishing heat treatment is applied then a tension relieving neck and shoulder massage. A double cleanse, exfoliation, and a mask are applied. A scalp and head massage with our without hair treatment is performed while the mask is on. The facial massage included facial reflexology with lifting massage and eye treatments and serums are applied.

03

Reflexology Treatments

Reflexology of the Feet

Reflexology of the Hands

Reflexology of the Face

Reflexology treatments can be booked as stand alone treatments or combined with other therapies in 60 or 90 minute appointments.

Reflexology offers a wonderfully deep relaxing experience and is fabulous for those feeling stressed, under pressure, unable to sleep or rest well. It is easily adaptable for pregnant ladies and vulnerable clients.



Reflexology

Foot
Reflexology
50 Minutes

Reflex is a fantastically relaxing and de-stressing treatment, aimed at bringing disharmony in the body into balance. This addresses all kinds of disruption in body and mind and may help to regulate sleep, mood, metabolic function, hormone balance, improve energy levels, concentration and stress levels. Benefits the WHOLE body.

Hand
Reflexology
50 Minutes

Reflex can be performed successfully on different areas of the body, usually feet but also hands, face, head ears and the full body too. Hand reflex is very helpful for people who have foot problems that contraindicate reflex on the feet, or who prefer an easily accessible treatment. Great for office based wellbeing sessions and for children.

Facial
Reflexology
50 Minutes

Oh my! A face lift facial AND the full body benefits of Reflexology?! What can I say? As a therapist there are many fantastic treatments for body and soul but this one is very special! This treatment delivers a muscle tension tackling neck and décolleté massage, lifts and feeds facial tissues during massage that make skin glowingly radiant and healthy.

O4

Body Treatments

Salt Glow Treatments
Detox Mud Treatments
Firming Treatments
Hot Stone Massages

Salt, stones and mud – relaxing?

Salt Glow and exfoliating treatments tackle sluggish circulation and poor skin tone, aiming to improve texture and appearance of the skin. They can be combined with mud and clay treatments to improve the appearance of cellulite (when paired with diet and exercise!)

Hot Stone massages are the best way to apply heat and therapy to the body. Granite stones are heated to a comfortable temperature then used to massage the muscles. This enhances the effects of the massage by incorporating heat and stroking the tension away. It is great for post injury recovery and a good part of an exercise and training programme.

A close-up photograph of a woman lying on her side, eyes closed, smiling gently. A hand is using a brush to apply a dark, thick substance, likely a mud or wax, to her shoulder. The background is softly blurred, showing more of the treatment area.

Body treatments

Hot Stone Massages

Heat Treatments are a spectacularly relaxing way to bust muscle tension and create a deeply comforting sense of relaxation. With severely tight muscles, hot stones do a great job of softening the tough fibres to make them more pliable and responsive to massage and improved circulation. Not just a pampering treatment. Highly effective.

Salt Glows & Mud Wraps

From tailored back treatments to tackle acne to smoothing, nurturing, firming and refining, these tailored treatments work wonders on the skin and are tailored to each client so that the results are really appreciated. Botanical extracts, fine clays and essential oils feature in our tailored body muds and scrubs.

Deep Tissue Massage

A staple treatment for those with very specific issues and serious muscle tension. Absolutely transformative treatment, as always tailored to the clients circumstances. As is standard really if a client attends for any treatment and Deep Tissue massage techniques will help, we use them - with the clients permission - if it's appropriate to do so.

05

Spa Rituals

Wild Rose Full Body Spa Ritual
Honey Bunny Top to Toe Ritual
Balance & Calm Body Ritual
Raindrop Aroma Ritual

The Spa Rituals treatments are A La Carte treatments designed to treat the body, relax the mind and delight the senses.

These treatments were developed to offer you the choice of a little extra luxury and pampering. They're popular as gift vouchers but also for clients seeking self care and TLC.

The massage elements will still tackle stubborn tension and knots but the overall experience is heightened by the use of aromatherapy and beautifully fragrant products. Coupled with special combinations of techniques, each of the Rituals promotes deep relaxation, glowing skin health and emotional peace and tranquility.

A top-down view of various spa products arranged on a dark wooden surface. In the center, a brown ceramic bowl contains three round, yellow candles with white wicks, surrounded by smooth, dark brown stones and a green fern frond. To the right, a small black bowl is filled with light-colored granules. In the bottom center, another small bowl contains pinkish salt crystals. To the right, a stack of folded brown towels is visible. The overall composition is aesthetically pleasing and evokes a sense of relaxation and natural wellness.

Spa Rituals

Wild Rose Full Body Ritual

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Honey Bunny Top to Toe Ritual

This 90 minute treatment using the Bee Lovely suite of products from Neal's Yard Remedies starts with dry body brushing and a luscious cream body and foot massage. Facial massage with facial reflexology and a scalp massage follows. This treatment is deeply relaxing, beautifully hydrating to the skin and a superb tension reliever.

Balance & Calm Ritual

This 90 minute body treatment includes a free gift - a sisal exfoliating mitt that you can use at home after the treatment. The treatment starts with a dry body exfoliation with the sisal mitt and an oil and cream massage. The intensely nourishing Women's Balance body cream is used to perform the tension relieving massage to body and feet. Facial and scalp massage follows.

06

Energy Treatments

Reiki
Meditation
Crystal Therapy
Chakra Balancing

Energy therapies are so called because they have less to do with 'Touch Therapies' such as Massage and Reflexology. Although Reiki treatments can be performed both 'hands on' or 'hands off', meaning the therapists hands can be gently laid upon the clients' body or held in a hovering position through the clients' aura to deliver the treatment. Energy therapies do combine beautifully with touch therapies to create a really fantastic bespoke treatment however.

These treatments are more esoteric than traditional massage but are nonetheless enjoyable, gentle and relaxing and are particularly suited to clients who may not enjoy touch therapies or a particularly frail or vulnerable.



Energy Treatments

Reiki

Reiki treatments are available in 30, 60 ad 90 minute sessions and can be either hands on or off. If you have never had Reiki before or are not sure what to expect, please feel free to ask any questions prior to or during your treatment. Everyone tends to experience Reiki differently and it's best to simply relax and go with the flow to see what it will be like for you.

Meditation & Crystal Therapy

Guided meditation sessions can be combined with other treatments, Reiki and Reflexology work especially well and these can incorporate crystal therapy also. Guided meditation and distance reiki are also available remotely if that is preferable for you, please enquire for options. Crystal selection, either by dowsing or sight can enhance the vibrations for all the energy therapies especially chakra balancing .

Chakra Balancing

Chakra balancing sessions can be 30 or 60 minutes and include crystal therapy and Reiki. The treatment focus is on clearing all the chakras to shift any energy blockages and promote the free flow of energy around the body and the auras. It is relaxing but can be very cathartic yet soothing. This is suitable for everyone and can be hands on or off as appropriate.

07

Pregnancy Treatments

Safe Aromatherapy Massage
Back, neck & shoulder Massage
Full body Massage
Reflexology for Pregnancy
Reiki

Birth Partner courses incorporating
Reflexology, Massage and
Aromatherapy techniques are
available too.

The safety of our pregnant clients is of paramount importance - as is comfort. All our pregnant ladies have bespoke treatments where we make sure we adapt positioning and techniques to best suit the Mother To Be and her personal needs. Treatments can be booked before 12 weeks gestation but cannot take place before that point. A full health consultation is given prior to the treatment and any areas of particular discomfort are noted.

As ladies progress through their pregnancy, massage and reflexology can be so helpful in promoting relaxation and easing aches and pains and gift vouchers are a thoughtful and popular present!

For couples or birth partners who wish to learn some simple, safe Reflexology or Massage techniques to use during gestation or during the birth we offer tailored courses to teach you the techniques and how to incorporate them into your birth plan.



Pregnancy

Aromatherapy Massage

All therapy treatments are contraindicated before 12 weeks gestation but from that point adapted massage, aromatherapy and reflexology, facials and reiki treatments can proceed. Safe essential oils for use in pregnancy depend on the week of gestation and the oil chemistry, our therapists are specially trained in this area and we can advise you also on suitable remedies for home care too.

Massage

From week 12 pregnant ladies can enjoy adapted massage and we're expert at making our Mums To Be feel comfortable and relaxed. Massage can be so helpful if you're not sleeping well or have aches and pains. The closer you get to the due date these issues seem to intensify! Consider a Pregnancy Treatment Course, buy 5 treatments get a 6th free, to enjoy throughout your pregnancy.

Reflexology

From 12 weeks it is safe to receive Reflexology. Not only is Reflex a deeply relaxing treatment, it can be very soothing on specific areas of the body that might be experiencing discomfort and change. The aim of reflexology is to promote balance and comfort in the body and as pregnancy is such a period of intense change and development, this is a perfect treatment to have. It also helps deal with any swollen ankles and bloating that can occur.



Couples / Partner Treatments

Couples Hot Stone Massage

Couples or Partner Course

Birth Partner Course

Couples Massage Course

Couples Reflexology Course

Couples Indian Head Massage Course

Couple's Hot Stone Massage is our signature pair treatment. Suitable for mates, lovers, Mums & Daughters or Mr & Mrs this makes a perfect birthday or anniversary experience.

We also practical hands on learning experiences for couples who may wish to learn therapy techniques to use at home with other. The ability to take some quite time together and ease away the stresses of the day - and be able to share this with each other - is a real gift that will keep on giving.

The Couples Massage course is exclusive - only the couple is present with the instructor, but other couples therapy courses can be arranged as a group or privately.

A photograph showing a couple lying on their stomachs on a massage table. A therapist's hands are visible, performing a massage on the woman's back. The man is in the background, also receiving a massage. The scene is set in a bright, clean spa environment with a wooden cabinet visible in the background.

Couples Treatments

Couples Hot Stone Massage

This is a 2 hour tandem massage treatment that incorporates the deeply relaxing benefits of heat and massage with the granite stone penetrating gentle heat through placement and used in body massage. Each person receives a full body hot stone massage during the course of the treatment, with periods of resting heat and massage throughout.

Couples Massage Course

This is fantastic if either of you suffer from persistent body pain - usually neck and shoulders often resulting from postural habits or regular tasks you undertake. You can learn safe and simple general massage techniques to use together at home but also some specific techniques to relieve regularly occurring issues. This session is also brilliant for enhancing communication and a feeling of partnership.

Couples Therapy Courses

Private or group workshops teaching simple and safe therapy techniques to use at home on friends and family. Birth Partner Courses are also available. For more specific information see Chapter 12.



Indian Head Massage & Ear Candling

Indian Head Massage Ear Candling

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A close-up photograph of a woman lying down, her eyes closed, as a person's hands gently massage her head and scalp. The lighting is soft and focused on the woman's face and the hands.

Indian Head Massage

Indian Head Massage

Usually a 30 minute stand alone treatment, the head and scalp massage is a fantastic combination treatment to add to massage, facial or reflexology treatments to create a wonderful bespoke session. It defuses tension, promotes relaxation and gently improves blood flow to and from the brain meaning it is a very refreshing and energising treatment.

Ear Candling

Ear candling can improve feelings of congestion but it is not permitted if you have a perforated ear drum. This session is extremely relaxing and can help destress you and may encourage better sleep too. Often used with a decongesting facial massage to ease discomfort in the sinuses.

Decongesting Lymph Massage

This facial and neck massage works well with ear candling if you're struggling with a stuffy nose or blocked sinuses, however it can be used alone. The massage is gentle but effective at encouraging elimination using gentle pumping lymphatic drainage techniques. It can also reduce swelling and oedema in the face post surgery or infection if and when appropriate.

10



Treatments for Children U16

Aromatherapy Support

Body Massage

Hand & Arm Massage

Reflexology & Foot Massage

Reiki

CBT – Cognitive Behavioural Therapy

There has been a noticeable increase in both the number of children and young people accessing our therapy services but also younger and younger children coming too. In order to safeguard both therapist and children, all under 16s must be accompanied by a parent or carer over the age of 18 who will remain with them in the treatment room at all times. The child, parent or carer and therapist will discuss the child's needs and preferences in detail prior to the treatment and a consent form must be signed by both the child and the parent, where appropriate.

Children are experiencing a range of mental health challenges as well as experiencing physical symptoms of stress and tension, the therapies we offer can help relieve that tension and we can provide both instruction for parents to use at home and aromatherapy home care support too. I am experienced in working with vulnerable children and adults, especially SEND children. All of our sessions are tailor made for the child.



Treatments for Children

Reflexology

This is a 2 hour treatment that exfoliates, cleanses and massages the body and feet, with a facial and scalp massage. The full body cream exfoliation and oil cleanse is followed by a massage and moisturising foot massage. Facial and scalp massage follow. Skin is radiantly glowing and silky and your spirit is refreshed.

Massage

This 90 minute treatment using the Bee Lovely suite of products from Neal's Yard Remedies starts with dry body brushing and a luscious cream body and foot massage. Facial massage with facial reflexology and a scalp massage follows.

This treatment is deeply relaxing, beautifully hydrating to the skin and a superb tension reliever.

Aromatherapy

This 90 minute body treatment includes a free gift - a sisal exfoliating mitt that you can use at home after the treatment. The treatment starts with a dry body exfoliation with the sisal mitt and an oil and cream massage. The intensely nourishing Women's Balance body cream is used to perform the tension relieving massage to body and feet. Facial and scalp massage follows.



Potions Club

Safe Aromatherapy Massage
Back, neck & shoulder Massage
Full body Massage
Reflexology for Pregnancy
Reiki

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For couples or birth partners who wish to learn some simple, safe Reflexology or Massage techniques to use during gestation or during the birth we offer tailored courses to teach you the techniques and how to incorporate them into your birth plan.

Potions Club

What makes social media unique is that it is both broad and relatively uncensored. While many social media companies impose some limitations—such as taking down images that display violence or nudity—there are much fewer limitations on what someone can share than there with other means of mass communication like newspapers, radio stations, and television channels. Anyone with internet access can sign up for a social media account. They can use that account to share whatever content they choose to, and the content they share reaches anyone who visits their page or profile. What makes social media unique is that it is both broad and relatively uncensored. While many social media companies impose some limitations—such as taking down images that display violence or nudity—there are much fewer limitations on what someone can share than there with other means of mass communication like newspapers, radio stations, and television channels. Anyone with internet access can sign up for a social media account. They can use that account to share whatever content they choose to, and the content they share reaches anyone who visits their page or profile. What



*"Sustainability,
learning and
fun"*

12



Training & Workshops

Head Massage Workshop

Foot Massage Workshops

Hand Massage Workshop

Intro to Aromatherapy

Intro to Reflexology

Aromatherapy Toolkit for Menopause Symptoms

Safe Aromatherapy for Babies & Children

Aromatherapy Toolkit to Quell Anxiety

Professional accredited training

Aromatherapy

Body Massage

Reflexology

Hot Stone Massage

Our community courses are designed for people to explore the benefits of various therapies and learn enough to use them safely and effectively. many of our courses are designed to tackle particular issues or are focussed on teaching a specific technique. All of our workshops are fun, enjoyable and assume no prior knowledge.



We offer a range of both accredited professional training and unaccredited community workshops aimed at improving wellbeing and teaching safe self care techniques.

Our groups are small and teaching is very high quality. We cover everything from Birth Partner Therapy Courses, to Introduction to Reflexology and Aromatherapy Courses for people interested in a new hobby or experimenting before they commit to a full professional training course.

We also host monthly Potions Club sessions and the Nuneaton Reiki Dojo, regular group sessions dedicated to fellowship and learning but not at the expense of having fun.

Our philosophy is to share our professional expertise with as many people as possible so everyone can enjoy therapies at home with friends and family, safe in the knowledge that they have been well taught. More specific workshops like Natural Toolkit for Menopause Symptoms and Safe Aromatherapy for Babies and Children are available both as digital courses and face to face practical workshops. Full support and aftercare are always available.



Hands on learning



Lifelong skills



www.brookesbeauty.com

TAILORED

30 minute treatment	28.00
60 minute treatment	42.00
90 minute treatment	65.00
120 minute treatment	85.00

FACIALS

Express	28.00
Signature	45.00
Luxury	65.00
Face Lift Massage with Facial Reflexology	60.00
Wild Rose 'Glow' Facial	45.00

REFLEXOLOGY

Feet & lower legs	40.00
Hands & arms	35.00
Facial lift Massage with facial Reflexology	60.00
Head in the Clouds treatment	45.00
Wild Rose Glow Foot Smoothing Ritual	40.00

BODY

Hot Stone Massage - Back, neck & shoulders	45.00
Hot Stone Massage - Full Body	65.00
Hot Stone neck & shoulder massage with Express Facial	50.00
Tailored Salt Glow, Massage & Body Masque	60.00
Bacne - Tailored back acne treatment	45.00
Hip & Thigh Smoothing Treatment	45.00
Honey Bunny Top to Toe Spa Ritual	80.00
Wild Rose Full Body Spa Ritual	80.00

ENERGY TREATMENTS

Reiki 30 minutes	28.00
Reiki 60 minutes	42.00
Reiki Chakra Balancing	42.00
Meditation & Reiki	45.00
Crystal Therapy with Reiki	45.00
Ear Candling with Facial Lymphatic Drainage and Decongesting Massage	42.00

PREGNANCY

Back, neck & shoulder massage	42.00
Back, neck, shoulder aromatherapy massage	45.00
Full body Massage	60.00
Full body aromatherapy massage	65.00
Pregnancy Reflexology	42.00
Birth partner reflexology & massage courses	150.00

COUPLES & PARTNER TREATMENTS

Tandem Hot Stone Massage for 2	120.00
Massage for Couples Course	175.00
Reflexology for Couples Course	175.00
Birth Partner Massage & Reflexology course	150.00

INDIAN HEAD MASSAGE

30 minute Indian Head Massage	28.00
60 minute Indian Head Massage & Scalp treatment	35.00 60.00
Head in the Clouds - head massage and reflexology treatment	42.00

CHILDREN (UNDER 16)

30 minute session with parent present	20.00
Tailored treatment for child following full consultation	
Therapist lead bespoke technique training for parents / carers with child for use at home with the family	60.00

POTIONS CLUB

Monthly sessions start from £25 per person per session but costs may vary depending on the project. These are group sessions but private tuition can be arranged.

WORKSHOPS & TRAINING

Indian Head Massage Class	45.00
Foot Massage Class	45.00
Hand therapy massage class	45.00
Introduction to Aromatherapy Class	45.00
Introduction to Aromatherapy 8 Week Course	250.00

A top-down view of various spa products arranged on a dark wooden surface. In the center, a brown ceramic bowl contains three round, yellow candles with white circular patterns, surrounded by smooth, dark brown stones and green fern fronds. To the right, a small black bowl is filled with coarse, light-colored salt. In the bottom center, another small bowl contains pink salt. To the right, a stack of folded brown towels is visible. The overall composition is aesthetically pleasing and evokes a sense of relaxation and natural wellness.

Spa Rituals

Wild Rose Full Body Ritual

This is a 2 hour treatment that exfoliates, cleanses and massages the body and feet, with a facial and scalp massage. The full body cream exfoliation and oil cleanse is followed by a massage and moisturising foot massage. Facial and scalp massage follow. Skin is radiantly glowing and silky and your spirit is refreshed.

Honey Bunny Top to Toe Ritual

This 90 minute treatment using the Bee Lovely suite of products from Neal's Yard Remedies starts with dry body brushing and a luscious cream body and foot massage. Facial massage with facial reflexology and a scalp massage follows. This treatment is deeply relaxing, beautifully hydrating to the skin and a superb tension reliever.

Balance & Calm Ritual

This 90 minute body treatment includes a free gift - a sisal exfoliating mitt that you can use at home after the treatment. The treatment starts with a dry body exfoliation with the sisal mitt and an oil and cream massage. The intensely nourishing Women's Balance body cream is used to perform the tension relieving massage to body and feet. Facial and scalp massage follows.

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Spa Rituals

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Workshops & Training

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Honey Bunny Top to Toe Ritual

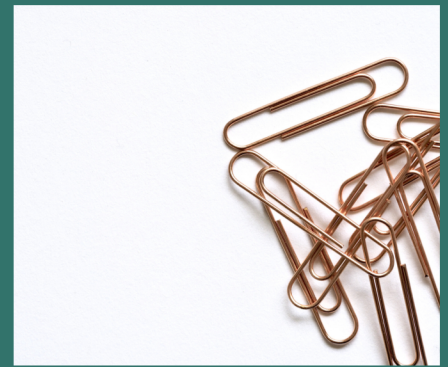
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Social Media

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Key Tips

- Add Hashtags
- Add Location
- Add Tags
- Post on Weekdays
- Post at Night



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