

SOMERSET LIFE

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Training at the School of Bodywork



Sorrel retrained to contribute more to the wellbeing of others



The Power of Touch

Somerset Life talks to Castle Cary-based Sorrel de la Hey about returning to her Somerset roots to retrain as a massage therapist

Having grown up in rural Somerset, Sorrel de la Hey spent her twenties in London, working in music PR. The bright lights and frenetic pace of life eventually lost its appeal, however, and she moved back to the West Country in search of a more forgiving lifestyle. It was then that she turned to a career in massage. In 2004, she retrained at the School of Bodywork as a massage therapist, studying Swedish and Remedial Massage.

It was an obvious step for someone with a caring and demonstrative personality. "I wanted more job satisfaction and to feel like I was contributing in some way to the wellbeing of others. I'd always been interested in complementary health and had been doing yoga for years, so it seemed like a

natural choice. I have no regrets; it is extremely rewarding work – clients leave each massage session feeling better both physically and emotionally. The power of touch cannot be underestimated."

For anyone thinking of a career in massage, there are many positives: "I am my own boss – my hours are flexible and can fit around other commitments. I know a lot of part-time massage therapists who work around children. I also teach yoga, which complements my massage," she explains. There are endless possibilities for therapists in private practices, gyms and spas and, since the skills are transferable, therapists have the freedom to work when and where they like. Sorrel has worked in Egypt for short summer seasons and there are plenty of opportunities abroad

for therapists at hotels, ski resorts and cruise-liners.

At the School of Bodywork, as with all good massage training, students are equipped with information about running a business and self-promotion. Tutors offer continued support even after qualification, so as students build their practice, advice is on hand if required. There is no age limit to a career in massage, provided you are physically fit.

"For me, this is a career for life," Sorrel says. "I'm hoping to be doing this for many years to come." □

Sorrel de la Hey massages at Wincanton Chiropractic Clinic and Linen Yard practice, Crewkerne, as well as a mobile practice.

For more information: sorrelde lahey.com

