

Reflexology



*Want to be more relaxed or
revitalized?*

*Support with overall health and
wellbeing?*

Have some time to yourself?

Information for Clients



Spirit, Body & Mind

What is Reflexology?

Reflexology is a natural, holistic treatment which supports us physically, mentally, emotionally and spiritually.

It is often used alongside modern medicine although was believed to have been used as early as 110BC in Ancient Egypt.

As a treatment, it is safe for most people, of any age.

Please contact us with any specific questions or health concerns you may have.

How Does it Work?

The feet, hands and face are believed to be mini maps of the body. The maps are made up of 'reflexes' linked to different body parts.

These reflexes are gently moved with the fingers and thumbs, to relax and balance the body where there may be imbalances. Imbalances may occur with illness, stress or a health condition.

Often people mistake this for a massage as the touching of the feet, hands or face is also highly relaxing and soothing.



Possible Benefits

- Deep relaxation
- Self-healing from stress, illness, pain or mental unrest such as anxiety, arthritis, IBS, hay fever, fertility issues, PMS, enlarged prostate or cancer
- Improved sleep
- Increased energy levels
- Increased overall wellbeing
- Increased inner peace
- A calmer mind and clearer focus
- Over time, increased physical, mental, emotional & spiritual balance and wellbeing
- Time to talk in a safe place

What Sessions Look Like

You will be:

- fully clothed, with removal of shoes & socks
- reclined in a chair, comfortably, for full relaxation
- given a blanket for warmth where required
- given water whenever needed.

A consultation is completed in the first treatment, ensuring treatments are tailored to meet your needs. (First session may be up to 1.5 hours.)

Music or a guided visualisation may be played and low lighting may be used to aid relaxation.

The feet are cleaned & warmed up ready for treatment.

Finger and thumb movements will be used over your feet (or hands) to support with the stimulation of reflexes, to provide a holistic treatment and support any areas that may be imbalanced.

Post treatment conversation to discuss how you feel, next steps & aftercare advice.

What You May Experience

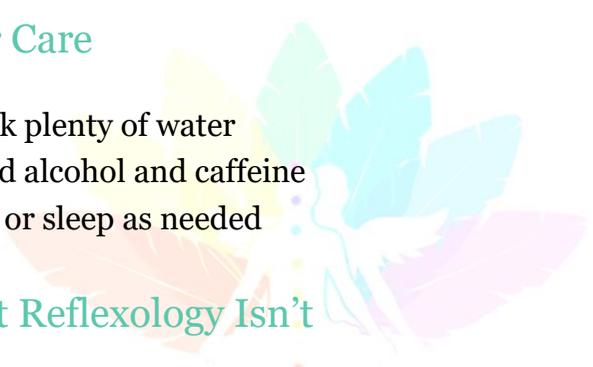
- Relaxation
- Tiredness
- Physical release of tension
- Tingling sensations
- Emotional release
- Feeling hot or cold
- Inner calm and sense of peace

After Care

- Drink plenty of water
- Avoid alcohol and caffeine
- Rest or sleep as needed

What Reflexology Isn't

- Used to diagnose or cure ailments or illnesses so please discuss any issues with your healthcare professionals
- A replacement for any current or future treatment you require under your health care professionals



About Me

- Level 5 Clinical Reflexologist
- Trustworthy (honestly!)
- Reliable
- Friendly and approachable
- Good humoured
- Professional Body Member
- Enhanced DBS checked

Prices From £20

- Taster - 30 minutes including 20 minute treatment £20
- Hands - 45 minutes including 25 minute treatment £30
- Stress Specific & Feet - 45 minutes including 25 minute treatment £30
- Feet - 45 minutes including 30 minute treatment £30
- Feet - 1 hour including 40 minute treatment £40



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