

What is Reflexology?

Reflexology is a very effective ancient art which works on the principle that there are points on the feet which correspond to each and every organ, function and part of the body.

Each Reflexology session is a chance for you to relax, let go of the stresses in your life and start to return to a state of good health, balance and vitality.

There are 7,200 nerve endings in each foot. This is perhaps why the feet are a gold mine of opportunity to release tension and enhance better health.

Are there any side effects?

You may find that any current condition may at first appear to worsen before it starts to improve. This is common and natural and is a sign that healing is taking place.

Where can treatments be carried out?

In the comfort of your own home.

Or

In the peaceful surroundings of my home, where you can totally relax.

Relax

Restore

Revive

During a Reflexology Treatment

You will be invited to relax on a very comfortable Lafuma chair (lounger style).

Your personal and health details will be taken.

Your feet will be gently cleansed before the start of each treatment.

Your Reflexology treatment will take 1 hour and both feet will be treated to a variety of Reflexology techniques linked to points which correspond with every organ, gland and every part of the body.

After Care Suggestions

To receive maximum benefit from your Reflexology treatment it is best to rest for the next hour to enable your body to continue healing.

It is advisable to drink sufficient water to help toxins be flushed out from the body.

It is recommended that only a light meal is eaten, when required, either before or after your treatment.

It is advised that no alcohol is consumed on your treatment day to further help with the elimination of toxins – alcohol will block this process.

Special Offers

Buy 6 treatments receive 1 free

Introduce a friend or relative and receive £5 off your next treatment.

Taster sessions are available at various events throughout the year – please contact me for further details.

Gift Vouchers

I have beautifully printed gift vouchers which can be used for any occasion

I will place the gift voucher, together with a leaflet and send out to you as required.

The voucher can be used at a convenient time – within 6 months of purchase.

Why not treat someone you care about to a relaxing treatment.

Cancellation of Appointment

48 hrs notice of cancellation is appreciated so the time can be used for other clients.

Benefits of Reflexology

Potential benefits of Reflexology can include:

- Deep relaxation
- Reduces stress
- Eases aches and pains
- Improves circulation
- Strengthens the immune system
- Increases energy levels
- Eases digestive disorders
- Helps hormonal imbalances
- Releases migraines/headaches
- Helps with arthritis
- Improves sleep disorders
- More efficient removal of impurities & toxins
- A sense that the whole body is better balanced, and in harmony

How many sessions will I need?

A course of 6 treatments is generally recommended for ultimate benefit and then a maintenance programme worked out according to the client's needs.

Testimonials

From the 1st session Sue made me feel calm and relaxed. Reflexology has helped me with lots of emotional issues which I believe, in turn, helped the healing process of my Psoriasis.

Claire, Paignton

The symptoms I experienced of PMT were initially reduced, however with continued treatments I do not experience any pain at all now. I do not feel so tired and irritable each month.

Helen, Torquay

As a sufferer from Parkinson's Disease I have appreciated the treatments – I have benefited from a feeling of well being. My feet have a great feeling of rejuvenation and I feel nicely relaxed.

Ken, Torquay

My immune system is much stronger, considering so many bugs at school. My hot flushes and restless nights have also diminished and my energy levels have increased

Wendy, Paignton

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