



heart & sole

Reflexology

There is far more to the feet than meets the eye!

Even though the body constantly conveys messages it is not always clear what it is trying to 'say'; this is where the feet 'step in'.

Reflexology is an holistic therapy that encourages the body to work naturally to restore its own balance, maximising health and happiness. Using different pressure techniques on points of the hands or feet that correspond to the body's systems and organs, reflexology activates these points (called reflexes) to detect and address imbalances. In doing so reflexology induces deep relaxation.

A reflexologist uses hands only to apply gentle pressure to the whole of both feet which helps restore and maintain the body's natural balance and flow of energy. The intention of the treatment is to treat the whole person, not just their symptoms.

Control your own health and well-being... a really positive way to look after yourself!!

Reflexology has been shown to be effective for:

- Arthritis
- Balancing blood pressure
(hyper/hypotension, pre-eclampsia etc)
- Migraine
- Sleep Disorders
- Sports Injuries
- Back Pain
- Digestive disorders
- Fertility
- Regulating hormones
(PMS, PMT)
- Stress-related conditions

Reflexologists do not claim to cure, diagnose or prescribe.

What Reflexology Does:

- Relieves Stress and Promotes Relaxation
- Reduces Pain and Releases Toxins
- Improves Lymphatic Drainage & Circulation
- Strengthens The Immune System
- Promotes Wellness & Optimizes Overall Health

Suitable for any ages - even pre-conception!

I will also use 'The Language of The Feet', by looking at their overall shape, size, colour, relationship to one another, and the toes, all of which build a picture of the inner soul.

If you would like help with a particular ailment/symptom please contact me for more information. Treatments will be tailored to specific conditions and individual needs.

Initial session 1hr 30 mins to include consultation.

Further treatments are approximately 1hr 15 mins

- Flexible appointments in a relaxing environment



All this and more is only two feet away!!

Contact

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