

### Where do treatments take place?

You can choose between my relaxing, garden treatment room that provides a private, calm and comfortable space for you to enjoy. Or if you would prefer to relax in your own home I can come to you.

### What happens during a treatment?

The treatment typically takes about an hour on either a massage table or a reclining chair, whichever you are most comfortable on. Socks and shoes will need to be removed to enable the treatment to take place. I use reflexology, aromatherapy balms to relax your feet or hands and then work the reflexes with a combination of massage and application of pressure on the reflexes. To end your session you will be able to rest for a while until you are ready to get back on your feet and we will discuss the treatment.



**'Nurturing yourself is not selfish  
It is essential to your survival and your  
wellbeing'**

**-Renee Peterson Trudeau -**

### What should I expect afterwards?

It is likely that you will have some responses to your treatment as your body rebalances. This is normal and not to be feared. You may experience:

- A sense of feeling wonderful
- Increased Urination
- A change in bowel movements
- Tiredness
- Temporary discomfort and pain
- Appetite changes
- Headache
- Skin changes
- Emotional responses
- Changes in dreams and sleeping patterns
- A healing response

Should you have any concerns you wish to discuss please do not hesitate to get in touch.

### Aftercare advice:

*Drink plenty of water, Rest and  
Avoid drugs, alcohol or excessive exercise.*



with

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**What can I expect  
from  
Reflexology?**

## What is Reflexology?

Put simply, reflexology is a deep, healing foot treatment that is really so much more than just a massage.

It has many benefits which include:

*helping relaxation*

*encouraging the body to heal*

*releasing tension and encouraging stress relief*

*improving the immune system*

*helping with seasonal allergies*

*encouraging better circulation*

*improving bowel movement*

*helping the body eliminate waste, by clearing it of toxins*

*improving nerve stimulation*

*relieving pain*

*improving sleep*

*support during menopause*

*enhancing mood*

*balancing hormones*

*increasing the feeling of wellbeing*

It is based on the belief that the whole body is mapped out on the sole of your foot, hand and face. Which when pressure is applied to these reflex points it stimulates healing in the corresponding parts of the body.

## How long has Reflexology been used?

The art of reflexology dates back to Ancient Egypt, India and China.



(Earliest evidence of reflexology – tomb of Ankhmahor at Saqqara.)

The therapy was introduced to the West in the early 1900s, when Dr William Fitzgerald developed 'Zone therapy'. He believed that reflex areas on the feet and hands were linked to corresponding areas and organs of the body within the same zone. In the 1930's, Eunice Ingham further developed this zone theory into what we now recognise as modern reflexology. The principles work equally well on the feet, hands and face.



## Specific typical conditions that can be helped using reflexology are:

Anxiety, stress, asthma, cancer treatment, cardiovascular issues, diabetes, headaches, kidney function, PMS, menopausal symptoms, sinusitis, back pain and many more.

## What happens when I make an appointment?

I will initially ask you to have a consultation to discuss your aims and gather some information about you. All information gathered will be confidential.

This will help me plan a treatment especially for you. The consultation will take around 15 minutes and can be completed over the phone or in person at the start of your first session.

At the end of the session I am happy to discuss what I have found and whether you would like to book in for another session.

## **Prices:**

1 hour session £38

Mobile 1 hour session £42.50

Children and Young people under 16 -  
30 minute session £20