



REFLEXOLOGY

Reflexology benefits all age groups.

It can help ease and aid in the following:-

- Stress and anxiety related conditions
- Headaches and migraines
- Arthritis
- ME
- MS
- Hormonal imbalances
- General relaxation
- *Emotional challenges / trauma*

Reflexology is a gentle and relaxing treatment which involves the skilled application of pressure to specific points usually on the feet, sometimes the hands or even the ears as reflex points are found all over the body. Reflexes correspond directly to the systems and organs within the body, through this enjoyable massage, reflexology helps restore and supports the body's natural balance. It is particularly good for quick de – stressing of the mind and body, assisting with the natural flow; refreshing and revitalising. Following illness, stress or injury the body becomes imbalanced and may take time to fully recuperate; reflexology is an ideal treatment to help aid a speedy recovery.

This wonderful treatment is very popular in the workplace, especially where employees are on their feet a lot and having to wear specialist footwear, it is particularly welcome to *feel* lighter and free of tension in their feet giving them more of a *spring* to their step. Alternatively, for those who are working their hands continuously on a keyboard, a soothing hand massage is fantastic for releasing stiffness and potential repetitive syndrome issues.