



REFLEXOLOGY



What is Reflexology?

- A foot massage
- Oils or talc are used
- Footwear will need to be removed

By applying pressure on the feet this gentle therapy is deeply relaxing. It encourages the body to heal at its own pace, freeing blocked energy and making you feel energised

Positive Results

- Balances & detoxifies
- Improves circulation
- Eases tension and soothes nerves
- Stimulates the immune system
- Balances hormones
- Helps organs work more efficiently

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