

**Looking for a safe, natural and relaxing way to
rejuvenate your health and pamper yourself?
The solution is in your feet
(and lying back while someone else does all the work)**

Experience increased well-being and relaxation in just one session of this ancient therapy

Do you suffer from any of these health problems?

- insomnia
- digestive disorders, IBS
- anxiety, panic attacks
- lethargy, ME
- circulation problems
- depression, irritability
- arthritic pain
- asthma
- infertility
- hormonal imbalances, PMT
- headaches, migraine
- general aches and pains



Do you also suffer from high levels of stress? Do you struggle to find time for yourself to relax and unwind?

Reflexology can help you

Life these days is more stressful than ever before. Work, home and family all take up a lot of our time, leaving us less time to relax and look after ourselves. The result, for many of us, is spiraling levels of stress.

Reflexology is the holistic, safe and natural antidote, treating not only the symptoms of health problems, but also the source – too much stress.

Doctors agree that 8 out of 10 health problems are stress-related

Doctors have known for a long time that stress can make us ill. If we do nothing about our stress levels, we start to get health problems. It is only a matter of time. Our mind, body and soul are all sensitive to too much stress, no matter how old we are.

When we get stressed toxins and impurities can build up in our bodies. In excess, these toxins and impurities cause common health complaints like those listed above. These health problems are warning signs that we need to bring ourselves back into balance, and look after ourselves, before our health problems worsen and develop into something even more serious.

How reflexology heals your health

Reflexology is so much more than just a foot massage! Yes, it relaxes you and helps you unwind, which is great for releasing stress and improving well-being. But it also releases those nasty toxins and impurities. How does it do that?

Well, there are specific pressure points on the soles of your feet that correspond to different areas and organs of your body. The big toe, for example, corresponds with the head, the heels with the back. Applying light definite pressure to these points helps to improve blood circulation and energy flow – this gets rid of the toxins and impurities and brings your body back into a healthy state of balance.

It is safe and natural and suitable for all ages.

What is reflexology?

It's a safe, non-invasive complementary health therapy that's been around for thousands of years.

The Egyptians, Chinese and Indians were the first to practice this ancient therapy and it was brought to the West in 1913 by Dr William Fitzgerald, who called it "Zone Therapy".

In the 1930s, Eunice Ingham further developed zone therapy into what is today known as reflexology.

A reflexologist massages specific points on the soles of the feet believed to correspond to different areas and organs of the body. It helps energy flow, blood circulation and aids deep relaxation.

"If you're feeling out of kilter, don't know what or where, find the sore spot and work it out."

Eunice D. Ingham, founder of reflexology

How you'll feel after just one session

If you are ticklish, fear not. Reflexology treatments are not ticklish. Nor are they painful. Reflexology is deeply relaxing.

Before you have your first session, the reflexologist will ask you about your health and lifestyle. You'll sit in a comfortable chair or lie down throughout your treatment. The therapist will then work on your feet, paying attention to any areas that relate to your health problems. They will take care if your feet have sore areas.

During your treatment you might feel a "surge" or tingling sensation as the blocked energy is released. And because it's so relaxing, you might even fall asleep! You're likely to feel relaxed for hours after, and better able to handle your busy life.

Reflexology is the ultimate pampering session, a chance for you to lie back and truly relax knowing your therapist is helping you heal your health and strengthen your well-being. And you don't have to do a thing!

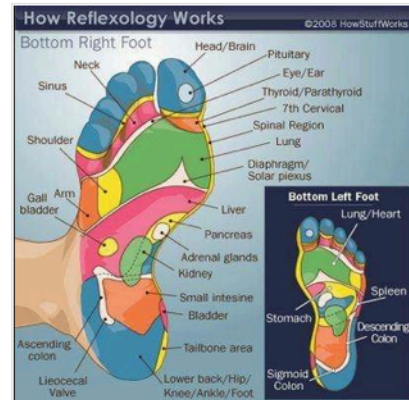
Don't let stress ruin your health and well-being any longer

Remember, untreated stress is bad for your health. It causes not only illness, but relationship problems, work problems and it affects all areas of your life.

Looking after yourself is essential. Just one session of reflexology, which lasts around 45 minutes to one hour, can rejuvenate you and give you the precious time you need to unwind and take care of your health. You owe it to yourself. And best of all, you don't need to do a thing. All you need to do is lie back and relax.

Ready to try a relaxing reflexology session for yourself?

[FIND A TRAINED REFLEXOLOGIST HERE](#) ▶



Did you know your feet have more than 72,000 nerve endings?