

Some of the many benefits of Reflexology

- Reduces stress
- Improves circulation
- Aids in the removal of toxins
- Encourages the immune system to work at it's optimum level
- Promotes whole wellness
- Increases strength & mobility
- Decreases pain



Zones of the Body

Reflexology2Go

Treatments for Feet , Hands , Ears , Face, and Hot Stone

My Office or Mobile Service



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Reflexology -Feet, Hands, Ears & Face

More and more people are turning to Reflexology to alleviate symptoms of chronic pain, stress and medical disorders. Reflexology therapy has been shown to be an effective

treatment for innumerable health issues, ranging from headaches and insomnia to high blood pressure and PMS. Reflexology is an amazing holistic art. Conditions that may benefit

- Allergies
- Arthritis
- Diabetes
- Menopause
- Insomnia
- Asthma
- Depression



Testimonials

Arch Bishop Dorian Baxter ... Linda I had no idea what to expect ... the reflexology treatment was indeed a heavenly experience I had not been this relaxed in years. God bless.

Adam Raitz ... due to my diabetes my feet are often numb . The improvement in my circulation following the sessions were not to be believed.

Laurie Meddings Nature's Emporium ... Wow, the foot Reflexology treatment was like a tune up for my mind and body! What an effective way to overcome tension and stress ... thanks Linda

Gary Lubin Canadian Olympic Jumps Coach ... Linda , what can I say my body responds so well to the holistic healing touch used in your treatments. As someone with a musculoskeletal disorder I was very impressed with your knowledge and accuracy when reflexing my feet. My athletes are still raving about your workshop!



Wellness starts here

Bring more balance, health and well being into your life and let Reflexology Therapist Linda Gough create your personalized wellness plan.

It is amazing what reflexology can actually do for whole health. The greater care you give to your feet the longer they can do their job of balance, support, shock absorption and housing our very soul.

The aim is to correct the negative factors involved in the disease process, congestion, inflammation, and tension. Contact Linda to discuss what treatment is best for you.