

REFLEXOLOGY THERAPY

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 those suffering from chronic pain and illness, including the fear and anxiety brought on by disease.

Benefits

- Reduces stress
- Improves circulation
- Aids in the removal of toxins
- Encourages the immune system
- Promotes whole wellness

Conditions that Benefit

- Allergies
- Arthritis
- Diabetes
- Menopause
- Insomnia
- Asthma
- Depression
- Colds
- Fatigue
- Thyroid disorders
- Prostrate problems
- High or low blood pressure
- Water retention
- And much more

Reflexology Therapy The Holistic Experience

- Reflexology is an holistic, compassionate touch, that calms the nervous system, while improving circulation, aiding in the oxygenation of joints, tissues, and muscles
- Reflexology is a natural healing art and science that is based on the principals that there are key reflexes that correspond to every part organ and gland in the body. It is beneficial for all ages male and female, including the very young and the elderly
- Hand Reflexology has been very well received by those suffering from repetitive task and long hours at the computer
- Runners, Dancers, Personal Trainers, and Athletic Professionals benefit tremendously.
- Reflexology is a healing modality offering the body assistance in it's own recovery

REFLEXOLOGY THERAPY

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Packages and Treatments

*Hot Stone Foot and leg 90 mins.
Foot Reflexology 60 minutes
Hand Reflexology 60 minutes
Face and Ears 30 minutes
Foot / Hand / Face and Ears
Deluxe 90 minute*

*Reflexology is a gentle healing touch
It helps the aging body, mind, and spirit.*

Reflexology is a natural healing art based on the principals that there are zones and reflexes in the feet, hands, ears that correspond to every part, gland and organ in the body.

By stimulating the nerve endings we send messages along the nerve pathways to various organs. Thus we stimulate and communicate with our body's nerve network. This helps to balance the energies within the body.

The reflexology experience includes combinations of finger, thumb palpitations and other hand moves which target key reflexes .

When these moves are combined, they flow like a strategically choreographed dance routine. Reflexology is simple, safe and non invasive. The many benefits continue to work after each session.

Reflexology gently helps the aging body



So who benefits?

Whether you are 15 years old or 85 years young, everyone experiences pain and stress. Reflexology introduces a state called "Parasympathetic " this state facilitates the bodies' natural ability to re-balance its self-healing potential, regulate nerve impulses, and alleviate energy blockages!

In a nut shell by stimulating the nerve endings of the feet, hands, ears, and also the face through simple reflexology techniques of applied pressure and the magic touch of trained hands, your blood flow and nerve supply to all areas of the body will improve as will your lymphatic and immune system.

Testimonials

Linda Googh is a both a knowledgeable instructor/therapist and gifted Presenter. She makes the learning enjoyable as well as practical.

Linda's presentation style is one of confidence yet tempered with enough gentleness that makes you feel like she is talking right to you. It doesn't get any better than that! Larry Patzer RCRT

Her welcoming nature and dedication to the wellness of employees is an asset to any organization! Gail Akins ,Program Supervisor
Town of Newmarket

Reflexology Treatments

By Appointment 905.727.8605

