

REFLEXOLOGY

The soles of the feet mirror the body and by working on the reflexes of the feet, Reflexology stimulates the body's own potential to heal itself both physically and emotionally. During a Reflexology treatment all the organs, bones and systems of the body are stimulated. This is a wonderfully relaxing treatment and starts with a foot massage to relax the feet, followed by acupressure to the soles and tops of the feet which stimulates the reflected systems and organs of the body. The treatment is rounded off with a relaxing foot and lower leg massage which leaves you feeling refreshed and "walking on air"

£40.00 (45 mins)