

# HAPPY FEET



# REFLEXOLOGY

*Picture yourself revitalized after a 60 minute FOOT MASSAGE from a Qualified Reflexology Practitioner. (ITEC, UK)*

**Reflexology** is based on the principle that congestion or tension in any part of your body is mirrored in your feet. Reflex points can also be found on hands and other parts of your body. However, the most common area to be treated is the feet.



u24804757 fotosearch.com

## Benefits of Reflexology include:

- Improved circulation
- Reduced toxicity
- Improved immunity
- Reduced stress and tension
- General feeling of Well Being
- Stimulation of natural healing

## REFLEXOLOGY FOR ALL!

### **In the comfort of your own home:**

A foot reflexology session anywhere in the Savusavu area lasts 60 mins. I will come to you. There is no need to get undressed as it is required only to expose feet and below the knee. After a session, you may become aware of changes taking place as toxins released from your congested systems are processed and eliminated. Always rest a while and drink plenty water after a treatment.

## Benefits of Seeing a Reflexologist

**Reflexology has many beneficial and lasting effects. It is a holistic (whole body) healing technique and it is a relaxing therapy that works on many levels. It soothes, calms, balances and boosts the immune system to allow healing of the entire body**

**Call Elayne on 838 0406**

or e mail to

[mangoqueen1@gmail.com](mailto:mangoqueen1@gmail.com) to

make your appointment