

Reflexology

What is reflexology?

Reflexology is a safe and natural therapy where pressure point massage is applied to the feet (or sometimes the hands).

It restores the flow of energy throughout the body encouraging a return to its natural state of balance. Reflexology is a very relaxing therapy that stimulates the body to heal itself.

It is suitable for all ages and each treatment is adapted to the needs of the individual. Clients remain fully clothed apart from the feet which need to be bare. A full treatment usually takes about 50 minutes.

Reflexology can be used for general relaxation to bring a sense of wellbeing during times of stress, as well as being beneficial in treating a whole host of conditions including:

- Back and shoulder pain
- Headaches (including migraine)
- Joint pain
- Digestive disorders
- Hormonal imbalances including infertility and menopausal symptoms
- Insomnia
- Tension and anxiety

An individual treatment plan will be discussed at your first appointment.

Penny Lowe MBSR MCThA

I qualified with the British School of Reflexology in 1998 and have since worked with a wide variety of clients, both in a clinic setting and as a mobile practitioner. I have completed post qualification training in a variety of areas, including reflexology for people with MS, and learnt specific advanced techniques.

I became interested in why people's bodies get out of balance and become ill and discovered EFT, a wonderfully versatile technique to help people with their problems, both emotional and physical. I qualified as an EFT practitioner in 2006 and have the AAMET Level 2 Certificate. I began using EFT at first with my children and have seen it produce amazing results time and time again.

I believe that given the right conditions our bodies can fully recover from many common complaints and illnesses and I use both reflexology and EFT to help clients to begin the process of healing themselves.