

Bonne Santé

Therapy Centre

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REFLEXOLOGY

Foot reflexology is based on the principle that by massaging and applying pressure to parts of the feet known as reflex areas, other corresponding and connected areas of the body will feel the benefit. It is a holistic approach, which means that it works on the principle that the whole person must be treated and balanced. When the body is balanced, it has its own natural healing ability.

Reflexology is known to help with:

Stress, tension, blood circulation, balancing of hormones, expulsion of mucus, aches and pains, indigestion, constipation and other digestive disorders, migraines, poor memory and anxiety.

On the first visit, the therapist will have a preliminary consultation to determine the client's present and past health and life style. The actual treatment session will typically last for about 60 minutes and a course of treatment may be recommended depending on the clients needs.

Reflexology does not claim to cure, diagnose or prescribe and reactions during or after a treatment might include feeling relaxed, energised and alert. These reactions are, if anything, a positive sign that the reflexology treatment is working to balance your body.

HAND AND FACE REFLEXOLOGY

Hand reflexology is an excellent alternative for people with over-sensitive feet or that are infected or damaged in some way. It is equally effective just like foot reflexology in relieving stress and tension and balancing the body.

Face reflexology stimulates the nerves, muscles and tissues of the face and encourages the build-up of new tissue. It helps to improve the muscle tone and the result is a softer, glowing complexion. Using only hands and a light cream, the treatment incorporates precise stimulation of acupressure points, neurological points and body maps on the face.

Hand, face and foot reflexology may be combined ensure that the client obtains the maximum benefit from the treatment. Indian Head massage can be incorporated into the treatment if appropriate.

*A Centre of Excellence for Complementary and Alternative Therapies in
Comfortable and Relaxing Surroundings for Male and Female Clients of all ages*