

# Reflexology



The benefits of **Reflexology** include,

- stress reduction
- relief of aches and pains
- reduction of headaches
- mobility within the neck and joints
- fertility
- PMT and many more!

This treatment involves the manipulation of the reflex points on the feet (this does not tickle!!)

The pressure used during the session will be adjusted to what you feel comfortable with.



Our therapist is a fully registered member of the Association of Reflexologists.

**Duration of therapy** - Each session lasts 45 minutes to 1 hour

**Cost of therapy** - £25 - £35