

Experience The Natural Way

Helping you feel relaxed and rejuvenated

Anxiety-free
life

Improved
mental focus

October's Newsletter

You are receiving this because, you are a client, have been a client, or we have met and have had a conversation.

If you choose not to be on my mailing list, please reply as unsubscribe in the subject line.

Ease of
digestion

Pain-free
activity

With that said, what is health and lifestyle?

At the Natural Way my goal is to help reduce your stressors, which cause you pain and discomfort and help you feel GOOD.

October.... the perfect time to treat your feet and yourself to a Reflexology session.

Never had one!..... Here's your opportunity to, not just pamper yourself but also to heal yourself.

With the cooler days, your feet no longer have the freedom of sandals and walking barefoot. Instead they are 'wrapped up' and 'constricted' in your shoes. Reflexology not only feels wonderful it also helps to detox your body leaving you feeling refreshed, rejuvenated and relaxed.

What else does Reflexology do?

- Reduces stress
- Breaks down tension
- Lowers blood pressure
- Stimulates circulation
- Improves digestion
- Normalizes your body's metabolism and encourages the natural healing process
- Removes toxins from the body

What can you expect?

A warm quiet atmosphere, with a warm foot soak containing essential oils for your needs. Followed by your Reflexology session, completed with a leg massage.

Along with your reflexology, you will also be receiving energy healing and relaxation for a truly unique experience.

Book your appointment today; make the choice towards your health.

*Yours in good health,
Christine*



Aromatherapy
Spa Facial



Reiki ∞



Aroma-
Reflexology



Aromatherapy
Massage



Supplements



Health ∞
Mobility
∞
Serenity