

Experience The Natural Way

Helping you feel relaxed and rejuvenated



Happy Feet are Healthy Feet

The other day my feet, legs and back were really aching. Not surprising really, I had taken part in a couple of health shows, standing on my feet for eight hours each day. It reminded me of my life in the operating room standing in one place for hours at a time, shifting my weight from one foot to the other, to keep the circulation going.

Your feet take the full weight of your body; consequently when they are abused it affects your whole body, physically, mentally and emotionally.

Who do you know who has a similar type of job, standing for long periods of time (retail), wearing tight fitting, or unsuitable shoes?

What can we do to help our feet?

Happy Feet are Healthy Feet. Wear suitable footwear for the activity in question. If you are on vacation and sightseeing, walking on cobblestones or other uneven ground, wear a supportive shoe, not a pair of flip-flops, sandals or tight fitting shoes.

If your job requires you to stand for long periods of time, wear a low-heeled shoe with support.

Maybe your job requires a professional/business look; high heels are not the only answer. Orthotics may help to support your body. There is no excuse for wearing tight fitting or high-heeled shoes in today's market. Attractive supportive shoes can easily be found.

Aroma-Reflexology;

Aroma-Reflexology is more than just a foot massage. Reflexology is an ancient science that stimulates reflexes in the head, hands and feet. The reflexes relate to all parts of the body including glands, organs and systems. I concentrate on the feet and offer Reflexology, along with aromatherapy (the use of essential oils, highly volatile liquids taken from plants, with therapeutic properties) to relax and rejuvenate your body.

Imagine your feet soaking in a warm footbath with aromatic oils and Dead Sea salts followed by a leg massage and foot reflexology session. **Happy Feet.** The room is warm and quiet with soft music playing.

Benefits of an Aroma reflexology session:

- Helps to relieve tension
- Improves circulation
- Normalizes and balances the body
- Reduces blood pressure.

In today's economy, I am going to suggest you look around and see whom you can help this Christmas, a friend, family member, colleague, or employee. Who do you know who is recovering from ill health or a stressful situation?

Give the Gift of Health this Christmas to someone who may be going through a challenging time, instead of jewellery, sweaters, ties, socks, perfumes, which invariably end up at the back of a drawer.

My certificates come with a choice of services. Aromatherapy Massage, Reflexology, Spa Facial, or Reiki. Let the recipient choose. Gift Certificates can be customized to your requirements from \$40 to \$95 +

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good
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Aroma-
Reflexology

The Natural Way

Helping you feel good naturally

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