

Also Available

**Home/Company
Appointments**

**Thermo - Auricular
Therapy**

Gift Vouchers

**Please contact for
further details**

**For more information or
to book an appointment
contact me on**

**01785 616010 @
'The Ishta Centre'**

OR

**07986 357244 for
Direct Mobile**

Joanne Green

IIR (Reg'd)

Fully Qualified

Reflexologist



What is Reflexology?

Reflexology deals with the principle that we have reflex areas in our hands and feet that correspond to different and specific areas of our bodies.

Reflexology is the method of using the thumbs and fingers to stimulate these areas

Price List

First appointment includes initial consultation and treatment plan

First Treatment
1 1/2 hrs approx - £40.00

Follow-up Treatments
1 hr approx - £30.00

First Treatment
(Children)
1 1/4 hrs approx - £30.00

Follow-up Treatment
(Children)
45 mins approx - £20.00

How can Reflexology Help?

Reflexology can help to:

Relieve Stress and Tension
Improve our bodies Nerve and Blood Supply
Bring about a state of Homeostasis (balance within the body and mind)

What Conditions Can Benefit From Reflexology?

Reflexology can help a wide variety of health problems including;

Allergies
Anxiety
Arthritis
Back Problems
Depression
Digestive Disorders
Fatigue
Fluid Retention
IBS
Menopausal Symptoms
Migraine
Poor Circulation
Respiratory Congestion
Sinusitis
Stress

and many more

