

Reflexology at the Woodland Hideaway

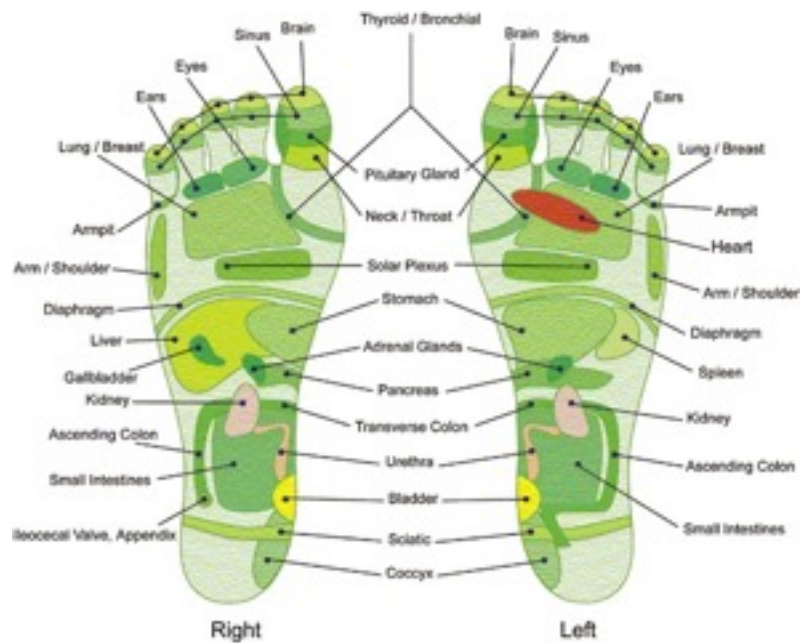
with

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I offer Reflexology treatments in my lovely woodland studio at my home in Bedham. It is a calm and precious place for clients to truly relax and feel pampered.



What is Reflexology?

Reflexology is an ancient massage technique, applying pressure to reflex points on the feet. Each point is worked to stimulate the healing of corresponding organs, glands, muscles and systems in the body. This brings the body back into its natural equilibrium which promotes the body's natural healing power.

In my practice I often combine this tradition with Precision Reflexology, a powerful yet gentle technique where reflex points are linked using a light touch. This intuitive approach can be uplifting as well as deeply relaxing, balancing the energy of the whole body.

What can it treat?

Reflexology can help relieve a variety of conditions:

- infertility
- pregnancy symptoms, (only possible for 2nd/3rd trimester)
- baby colic
- sleep problems
- respiratory -allergies or infection
- digestive problems
- stress/anxiety, high blood pressure
- depression
- injuries, back pain/sciatica
- menstrual/ hormonal problems
- headaches/migraine
- urinary problems

If the feet can not be worked on due to infection or injury, I can access the reflexes on the hands.

Contraindications (support from clients GP may be required)

There are contraindications to be considered with Reflexology. I am always honest if I believe Reflexology is not appropriate. Care must be taken with the following conditions..

early pregnancy (or prone to miscarriage)
high blood pressure if considered volatile by GP
heart conditions/thrombosis
epilepsy
acute infection (long standing infection can be treated)
deep seated inflammatory auto-immune conditions such as rheumatoid arthritis
chronic fatigue/glandular fever
multiple sclerosis
gout

What happens during a treatment?

Treatment length: 1hr 15 Treatment cost £40

Clients will be settled into a reclining chair after an initial consultation. I use natural reflexology wax or powder depending on the clients wishes with a light natural moisturising lotion to finish. The treatment includes the following..

- Foot wash with exfoliation (optional)
- Opening massage - greeting and warming up the feet
- Tailored treatment - to suit the current need of the client, each treatment is unique
- Closing massage - moisturising the feet
- Clearing of toxins (breathing, grounding and clearing from the head)
- Resting before getting up

After the treatment clients are welcome to sit on the deck overlooking the trees with a cup of tea before heading home, warm weather dependent!

Airbnb: Stylish Woodland Hideaway

Please visit our [Airbnb](#) profile if you would like to see more of the surrounding area including the majestic woodland. Our accommodation is listed as Stylish woodland hideaway in Bedham, Fittleworth, West Sussex, RH201JR