

How can Reflexology help?

Reflexology is a good all-round therapy that helps you to relax, clear energy flows and enable the process of self healing. It works well on many conditions such as:

- arthritis
- M.E.
- M.S
- digestive disorders
- constipation
- asthma
- migraines
- menstrual problems
- stress
- aches and pains
- skin conditions such as eczema
- cancer control
- birth induction

How can Indian Head Massage Help?

- Mental tiredness/stress/anxiety
- Sinusitis & congestion
- Tension Headaches
- Stimulates circulatory & lymphatic system
- Insomnia
- Neck and shoulder stiffness
- Helps with higher levels of clearness and concentration

Contact me

For an appointment, please contact:

Wood Farm

Wood Lane

Starston

Harleston

Norfolk IP20 9PP

Phone: 01379 854295

www.woodfarmcentre.co.uk

email lisa@woodfarmcentre.co.uk

Holme Cottage

The Street

Rickinghall

Diss

Norfolk

IP22 1DY

Phone: 07989 565210

Email: feet_first1@yahoo.co.uk

Reflexology Indian Head Massage



*Lisa
Howlett*
MBRA

*Complementary
Practitioner*

Trained at the Bayly School of
Reflexology

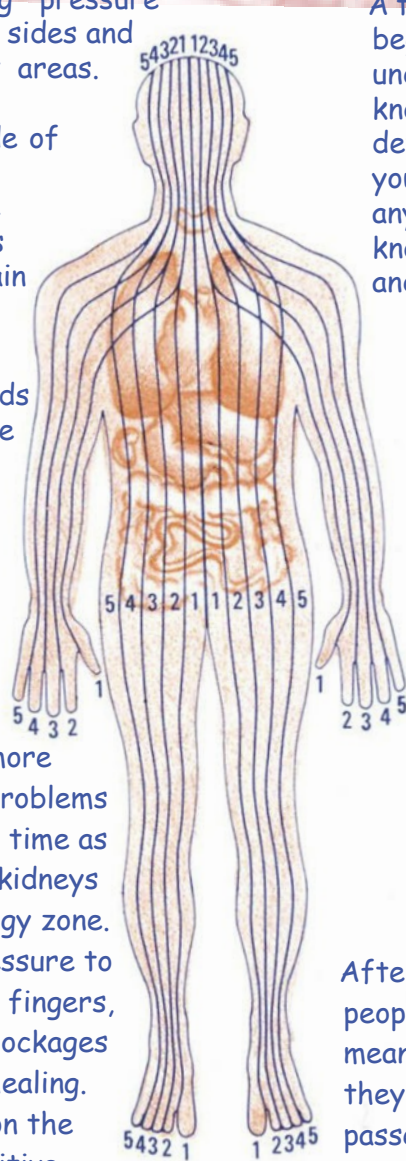
What is Reflexology?

Reflexology involves applying pressure to points on the soles, sides and tops of the feet called reflex areas. The body is divided into five longitudinal zones on each side of an imaginary line down the centre of the body. Each zone is of equal width and extends from a finger, up to the brain and then down to the corresponding toe.

For example, zone 2 extends from the index finger up the arm to the brain and down to the second toe.

Specific organs or regions of the body within a zone are linked by energy flows.

When a blockage occurs in a zone, it can result in one or more symptoms. For example, eye problems sometimes occur at the same time as kidney problems because the kidneys and eyes are in the same energy zone. By massaging and applying pressure to the feet with the thumbs and fingers, the reflexologist releases blockages in the zones and encourages healing. Reflexologists can also work on the hands but these are less sensitive than the feet.



What should I expect?

A treatment session lasts about an hour and begins with a consultation so that I can understand how you are feeling. I need to know about your medical history, including details of past illnesses, accidents and if you have had any operations. If you are on any form of medication, please let me know. I will also ask about your lifestyle and eating habits.

I like to explain how the therapy works, to discuss a realistic outcome and, if appropriate, ask you to inform your Doctor about your Reflexology treatment.

The number of treatments varies from patient to patient but normally requires between 6 and 8 sessions to start at weekly intervals. You may, of course, continue to have treatment as a preventative measure to any ailments.

How will I feel?

After treatment you may feel tired, some people go through a 'healing crisis' which means your symptoms may get worse before they get better. Do not worry as this soon passes.

What is Indian Head Massage (Champiassage)?

Indian Head Massage - known in Hindi as "Champi" is a massage of the head that originates in India, where families have been practising it for years.

Massage of the head and neck with the hands makes use of modern knowledge of shiatsu and acupressure, helping balance natural energies and clearing any localised areas of negativity. Different massage pressure and rhythms are used to stimulate the head, neck and shoulder areas, providing a deep sense of well-being and total relaxation to the individual.

What should I expect?

A treatment will last around 30 minutes. The individual sits in an upright chair. Whilst having your treatment you may remain fully clothed, if you prefer as I do not use oils.

Indian Head Massage is a very safe form of treatment. However, under certain circumstances massage should be avoided. I will ask you certain medical questions before giving you a treatment.