What can I expect?

You will lie on your back on a massage couch, face up, with your shoes and socks removed. Shorts or sweat pants are recommended. You will be made comfortable with a blanket and relaxing music.



How long does it take?

Regular treatments last approximately one hour.

What will I feel?

Pain is **not** gain in Reflexology, however, tender spots will indicate areas that need extra attention. Pressure, as in regular massage, should be "strong but not uncomfortable".

How many treatments do I need?

For maintenance of health, treatments are recommended once or twice per month (more if desired). For more serious health problems, treatments can be done much more frequently.

How will I feel after a reflexology session?

When you are through you should be relaxed and invigorated! You are then sent on your way with the expectation that you will have some internal cleansing take place. After one or two treatments your body may respond in a very definite way. Most people note a sense of well-being and relaxation; sometimes people report feeling lethargic, nauseous or tearful, but this is transitory and is a part of the healing process.

This is vital information to feed back to the reflexologist as it shows how your body is responding to treatment. This will help to tailor a treatment plan specific to your needs.

It is recommended that you **drink plenty of water** for the rest of the day. Eating a light meal, plenty of rest and avoiding stimulants e.g. coffee, cigarettes, alcohol.

Therapies and Fee's

Soul Contract Readings

Fee's include preparation time CD or MP3

Individual Reading	£94
Family and Relationships (for up to 9 names)	£166
Couples Reading	£94
Baby Naming	per hour £45
Name Optimisation	per hour £45
House Naming	per hour £45
Business Readings (websites products etc)	by Consultation

Individual Soul Contract Readings require a £45 non refundable deposit in advance and £80 for a Family and Relationship Reading.

Change Interventions

	Fee's and Session times
Transformation Coaching	£45 for 1 hour
Divine Master Key Healing	£65 for 1 ½ hours
Homeopathy	£90 for 2 hours
Emotional Freedom Technique	
Hypnotherapy	
Past life Regression	

A 1 1/2 hr Life Review /Evaluation for £65 is always required with an initial booking for any of the change interventions above.

Healing Sessions

	Fee's and Session times
Reiki	£40 for 1 hour
Spiritual Healing	£60 for 1 ½ hours
Reflexology	£80 for 2 hours
Chakra Balancing and clearing	
Meditation 1-2-1 teaching	

When you book any Healing session for the first time I include a short consultation within the first treatment lasting 1 hour in total.

Course bookings are available please enquire about discount.

20 minute Personalised Relaxation/Meditation CD or mp3 £20

Hours of Work

Monday Tuesday Wednesday Thursday 9am-3pm

Thursday Evening sessions are available 7-9pm

In person or over the telephone.

Phone sessions are available for:

* Divine Healing Master Key * Soul Contract Reading
* Transformation Coaching * Homeopathy * EFT

For phone sessions and Personalised Relaxation/Meditation CD's full payment is required in advance of your booking.

I require 24hrs notice for cancellations Payments Methods – Cash, cheque with a guarantee card, or online banking.

Training courses in - * Reiki * Channelling * Soul Contract * Meditation * Chakra's * Ascension.

Circle of Meditation class every Tuesday from 6.45pm—8pm £6

Soul Concept

Enlightenment - Integrity – Success



Reflexology

with

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What is Reflexology ?

In the feet, there are reflex areas corresponding to all the parts of the body and these areas are arranged in such a way as to form a map of the body in the feet with the right foot corresponding to the right side of the body and the left foot corresponding to the left side of the body. By having the whole body represented in the feet, the method offers a means of treating the whole body and of treating the body as a whole. This latter point is an important factor of a natural therapy and allows not only symptoms to be treated but also the causes of symptoms. The method has been used for several thousands of years and is known to have been practised in a similar manner by the Chinese and the Egyptians. More recently, Reflexology was described in the form in which it is now known by the late Eunice Ingham, an American lady, who based her method of treatment on work called 'Zone Therapy' which had been described some years earlier in the 1920's by an American, Dr. William Fitzgerald. The main pioneer of Reflexology in Great Britain was the late Doreen Bayly who introduced the method in the early 1960's and whose great determination to stimulate awareness and interest in the method should not be forgotten.

Reflexology does not claim to be a 'cure-all' but numerous different disorders have been successfully treated by this method. These disorders include such things as migraine, sinus problems, hormonal imbalances, breathing disorders, digestive problems, circulatory problems, back problems and tension and stress. Most people who have experienced treatment would agree that the method can be most beneficial and is also a very relaxing therapy. Foot and hand Reflexology can and has conquered many health problems naturally while also serving as a form of preventative maintenance. Reflexology is a safe, easy and beneficial method of treatment.

Who can benefit from reflexology?

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. After you have completed a course of reflexology treatment for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being. While many people use reflexology as a way of relaxing the mind and body and counteracting stress, at the same time many doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.

With ever increasing levels of stress, it is important people take more responsibility for their own health care needs. Reflexology helps us to cope on a physical, mental and emotional level thereby encouraging us to heal and maintain health in all areas of our lives.

How can reflexology help me?

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

Reflexology has been shown to be effective for:

- **Back Pain**
- **Migraine**
- **Infertility**
- **Arthritis**
- **Sleep disorders**
- **Hormonal imbalances**
- **Sports injuries**
- **Digestive disorders**
- **Stress-related conditions**



Reflexology does not claim to cure, diagnose or prescribe.



What can Reflexology do for me?

- **Relaxes the muscles**
- **Normalizes the glands**
- **Increases circulation**
- **Integrates body, mind and spirit**
- **Sends new vitality pulsating through the body**
- **Lets you detect health problems before they are serious**
- **Helps reduce mental, physical and emotional TENSION**
- **Relieves sinus congestion almost instantaneously**
- **Can help relieve pain and send healing energy to rest of body**
- **Helps the body to "de-toxify" and cleanse**

What happens when I go for treatment?

On the first visit, I will have a preliminary talk with you to determine your present and past health and lifestyle.

I will then use my hands to apply pressure to the feet. The application and the effect of the therapy is unique to each person.

A professionally trained reflexologist can detect subtle changes in specific points on the feet, and by working on these points may affect the corresponding organ or system of the body.

A treatment session usually lasts for about one hour. A course of treatment may be recommended depending on your body's needs.