

After Care Advice.

The treatment releases toxins from the body which can be flushed out by drinking plenty of water. Feet should be regularly scrubbed & moisturised.

Avoid strenuous exercise for 24 hours. Regular exercise after this period is recommended.

Relax in loose, comfortable clothes.

Avoid drinks containing toxins such as tea, coffee & alcohol.

Avoid large meals. Eat plenty of healthy fruit & vegetables.

It is normal to need to visit the toilet more frequently.

Monitor the way you feel over the coming days.

Tips for relaxation:

Instead of showering, take baths containing relaxing oils such as clary sage or lavender.

Light scented candles or oil burners.

Read or listen to relaxing music.

Deep breathing exercises.

Other relaxing treatments such as a pedicure.

Reflexology Prices

Initial Consultation & Treatment

£22.00 (1 hr 15 Mins)

Follow Up Treatments

£19.50 (1 hr)

Course of 6 Weekly Treatments

£99.50

All Cosmetics are Available to Purchase

Gift Vouchers Available on Request

10% Discount on 3 or More Treatments

Salon Address:

7 Eye Lane, East Rudham, King's Lynn PE31 8RJ

Hours of Business:

Monday - Friday 9am til 9pm, Saturday 9am til 5pm

50% charge on cancellations without at least 24 hours prior notice

Female clients only



An Introduction to Reflexology



East Rudham

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email: donna@shed7beauty.co.uk

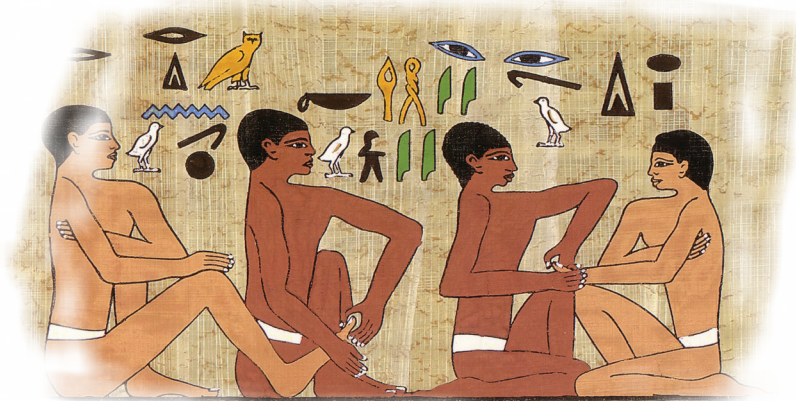
web: <http://www.shed7beauty.co.uk>

IHBC / IHHHT Qualified with more than 10 Years Experience
Female clients only please

What is Reflexology?

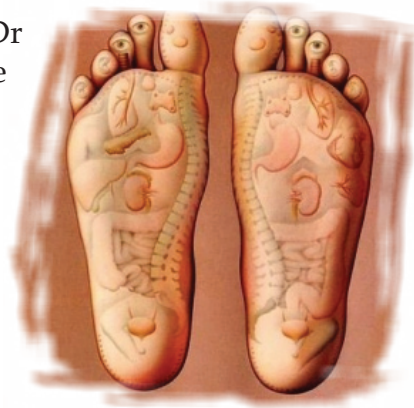
Reflexology is a natural & drug-free healing therapy based on applying pressure to minute reflex points in the feet that correspond with the organs in the body. It is a simple & safe technique that treats the whole person.

History of Reflexology.



Reflexology techniques have been in use for thousands of years all over the ancient world. Writings & images showing people working on the feet of others have been traced back to China, Japan, India, Russia, Egypt & other ancient civilisations. Many of these ancient techniques along with knowledge passed down through generations were brought over to the western world in 1913 & are now known as the science of Reflexology.

In the early days of modern reflexology, Dr William H. Fitzgerald introduced Zone Reflex Theory stating that parts of the human body directly correspond to other parts. He found that by applying pressure to one part of a zone, an influence was produced along it's whole length. He developed a method of producing anaesthetic effects & was able to perform minor surgery using this technique.



In the 1930's, a young physiotherapist, Eunice Ingham, picked up on Fitzgerald's discoveries & began to use the principles in her work. She found the feet to be the most powerful area of influence & mapped the organs of the body as they occur on the feet. Over a lifetime of successful practice, she developed the treatment techniques that form the basis of reflexology today.

Benefits of Reflexology?

Above all, it is a highly effective reliever of stress as it induces a state of relaxation whilst releasing toxins from the body. Reflexology can greatly benefit all age groups from babies to the very elderly.

Most everyday ailments can be treated including all back & neck problems as well as giving relief to chronic conditions such as asthma, eczema, digestive disorders, bronchial conditions, hormonal imbalance, migraine, PMT & heart disease.



Questions & Answers.

Reflexology can be a single treatment for pleasure & relaxation which typically lasts about 1 hour. Many people find that a periodic treatment helps to maintain their body's balance. However, when treating an established disorder or chronic condition, a more intensive series of treatment will be required.

After the treatment, some clients may experience side effects such as urinating more frequently but this is normal. It is important to try to relax in loose, comfortable clothes & avoid strenuous exercise & toxins which are found in tea, coffee & alcohol. Large meals should also be avoided but eating plenty of fresh fruit & vegetables is encouraged.

To feel the benefits of your treatment, it is important to RELAX!