

Advanced Reflexology

Discover a new Advanced Reflexology "Sliding Technique" for working the feet, hands and ears that is closely related to massage. This technique deeply works the reflex areas giving powerful results.

Reflexology is a non-invasive health technique that recognizes that parts of the body, such as the feet and hands, reflect the whole body. Applying pressure to reflex areas in the feet and hands relieves stress and tension, deeply relaxing the whole body from head to toe.

Reflexology improves circulation, releases toxins, optimizes body functions, supports natural healing processes and generally has a revitalizing effect.

It could be described as a

"Massage from the Inside Out"

Some health problems that Reflexology may benefit are:

neck and back pain
circulation problems in the feet and lower legs
migraine headaches
constipation and digestion problems
premenstrual pain
asthma
sinus congestion
stress related problems

Reflexology benefits are greater with a series of treatments.

Therapies are available as follows:

(30 min.) \$40 (45 min.) \$60 (60 min.) \$75 (75 min.) \$90
(90 min.) \$110 (120 min.) \$140

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