

Who can benefit?

Listed below are just some of the many conditions and problems that reflexology has been known to help with.

- Backpain
- Breathing Disorders
- Constipation
- Sleep Disorders
- Emotional Trauma
- Anxiety & Stress
- Allergies
- Joint pain
- Low Self-Esteem
- Tiredness
- Digestive Disorders
- Hormonal Imbalances
- Skin Disorders
- Indigestion
- Sore Feet
- Tension
- Lack of Confidence
- Fertility Issues
- Headache
- Long-term Debilitating illnesses



Reflexology is also believed to be an excellent preventative therapy. It is a well established and respected therapy amongst doctors, consultants and the public alike. It is growing in popularity every day as its effectiveness is becoming well known.



Complementary & Natural
Healthcare Council

Email: gcartledge@sky.com
www.chriscartledge.co.uk

If you have never experienced or considered Reflexology treatment, why not try one now.

Reflexology is an excellent way to improve and maintain your health using holistic therapy.

HOME VISITS, INCLUDING EVENINGS AND WEEKENDS
GIFT VOUCHERS ALSO AVAILABLE

For further details or to book an appointment, please contact:

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Reflexology



Indian Head Massage



A COMPLIMENTARY ALTERNATIVE THERAPY WORKING SPECIFICALLY ON THE FEET (OR HANDS)

What is Reflexology?

Reflexology was used right across the ancient world for healing the sick. Now it is used as a complementary therapy to work along side conventional medicine where it is becoming more and more recognised.

It is a holistic therapy, treating the whole person, rather than just the symptoms. Helping the body to heal itself and creating a state of balance, calm, and a feeling of wellbeing, by releasing tension and relieving stress. It is non-invasive, with the practitioner able to access all parts of the body via the feet by using firm gentle pressure. People of all ages may benefit from this gentle therapy.

Reflexology aims to:

- Increase blood circulation
- Remove blockages in the energy channels
- Reduce Stress
- Calm the mind
- Balance glands
- Relax cells
- Release the body's own natural pain killers
- Stimulate the immune system

Who can benefit?

People of all ages may benefit from this gentle therapy which encourages the body to heal itself. We all have stress in our life and Reflexology is a wonderful therapy to relieve that stress and its harmful effects.

QUALIFICATIONS AND ACCREDITATIONS

Simon Duncan
School of Reflexology
Diploma in Reflexology
Course Accredited by
Association of
Reflexologists



Member of the
Association
Reflexologists



Advanced
Reflexology
Techniques



Vertical Reflex
Therapy



International
Institute of Health
and Holistic
Therapies



ALSO AVAILABLE
HOPI EAR CANDLES AND PEDICURES

INDIAN HEAD MASSAGE



Melt away the stress with Indian Head Massage, including massaging the neck, face, arms, shoulders and ears.

The Benefits

- Relieves Tension
- Improves blood supply to the brain
- Improves condition of hair
- Improves condition of scalp
- Improves concentration
- Relieves headaches
- Lifts mental tiredness & Encourages clearer thinking