

Listed below are just some of the many conditions and problems that reflexology has helped with:

- Backpain
- Tiredness
- Asthma
- Migraine
- Sleeplessness
- Emotional Trauma
- Anxiety
- Arthritis
- Low Self Esteem
- PMT
- Digestive Disorders
- Angina
- Whiplash
- Menopause
- Sore Feet
- Tension
- Lack of Confidence
- Infertility
- Sciatica
- Allergies
- Constipation
- Eczema
- Gout
- Indigestion

Reflexology is also 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.

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 and Gift Vouchers Available

For further details or to book an appointment please contact:
Christine Cartledge
M.A.R. A.R.T. (Regd)

16 Gale
Todmorden Road
Littleborough
Lancashire
OL15 9ER

Tel: 01706 373603
Mobile: 07786 650551

www.christinecartledge.co.uk

Reflexology



Indian Head Massage



By Christine Cartledge

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 complimentary 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 well-being, 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 but gentle pressure. People of all ages can benefit from this gentle therapy.

What can reflexology do for you?

- Increase blood circulation
- Remove blockages in the energy channels
- Reduce stress
- Calms the mind
- Balance glands
- Detox
- Release the body's own natural pain killers
- Stimulate the immune system

Who can benefit?

People of all ages can 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

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



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 brain
- Improves condition of hair
- Improves condition of scalp
- Improves concentration
- Relieves headaches
- Lifts mental tiredness
- Encourages clearer thinking