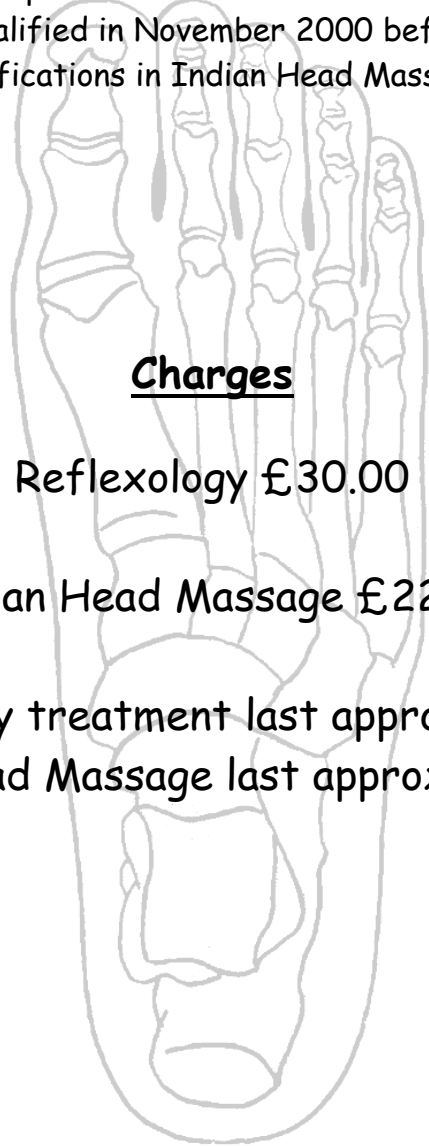


Miss Deborah Spicer MAR studied at The ARC School of Reflexology and qualified in November 2000 before taking further qualifications in Indian Head Massage.



Charges

Reflexology £30.00

Indian Head Massage £22.00

Reflexology treatment last approx. 60 mins

Indian Head Massage last approx. 45 mins.

Burchell & Associates 30 Farley Road, South Croydon, Surrey. CR2 8DA
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ASSOCIATION of
REFLEXOLOGISTS

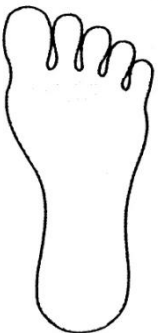
M B Burchell & Associates

MChS DPoDM

HPC Registered Podiatry

**REFLEXOLOGY
&
INDIAN HEAD MASSAGE**

A helpful guide to understanding the treatments
and what they can do for you.



Reflexology

Reflexology is an ancient form of healing which dates back at least 5,000 years to early Chinese and Egyptian times. In the early 1900's **reflexology** was rediscovered by an American surgeon, Dr William Fitzgerald, who practised "zone therapy" dividing the body into 10 vertical zones. Later in the 1930's Eunice Ingham refined and developed zone therapy and used the term **reflexology**.

Reflexology was introduced into Britain in the 1960's.

Reflexology is a natural, holistic therapy that treats the whole person and not just the symptoms. When we are ill, stressed or injured blockages and congestion occur in the body which can cause an imbalance in energy pathways, (zones), preventing the body from functioning efficiently.

Tenderness felt in certain areas of the foot during a treatment reflects an imbalance in the corresponding area of the body. **Reflexology** releases these congestions, restores the free flow of energy, eases tension, improves circulation and stimulates the elimination of toxins which then allows the body to begin healing itself.

People of all ages can be treated and those with a wide range of acute and chronic conditions can benefit, including: stress, depression, migraine, insomnia, sinus trouble, allergies, arthritis, circulatory and digestive disorders, skin conditions and menstrual problems.

Reflexology is a real benefit to health and well being and should not be considered a "foot massage". **Reflexology** is a complimentary therapy and is not a "cure all" and cannot be used to diagnose conditions.

Reflexology is a simple, safe, relaxing and effective treatment and it does not involve the use of any drugs or instruments. You will only be required to remove your shoes and socks/stockings and will then be made comfortable in a reclining chair. The Reflexologist uses her hands and a small amount of cream to apply gentle pressure to areas of the feet or hands, tenderness is sometimes experienced during treatment in certain areas of the foot, this is transient and indicates to the Reflexologist which area/s are unbalanced.

A **reflexology** treatment will soothe and relax the body whilst gently releasing tension and blockages so enabling the bodies self healing capacity.

Your initial appointment will involve a general health discussion about you and your body and a reflexology treatment and lasts for about one and half hours. Subsequent treatments usually last an hour. The number of **reflexology** treatments required will vary and depend upon your bodies' needs; however 6 sessions are usually recommended with regular follow up treatments to maintain health and well being.

It is usually recommended to rest and drink plenty of water after a treatment to help wash away toxins that the body releases.

Indian Head Massage

Practised in ancient India and other Asian countries for thousands of years, **Indian Head Massage** has been used by all the members of the family, young and old, on a daily basis for relaxation, healing, stress reducing and other therapeutic contact.

Indian Head Massage treats the scalp, face, neck, shoulders and upper arms. It is extremely effective for treating stress because it works on the areas of the body most affected - the shoulders, upper back, neck and head.

Benefits of **Indian Head Massage** include:

- **Stimulating** circulation and lymphatic drainage - it aids the elimination of toxins and boosts the immune system.
- **Lowers blood pressure** by increasing the circulation.
- **Increases the oxygen** supply to the brain.
- **Relaxes** the central nervous system, promoting rest and relaxation, reducing anxiety, slowing down heart rate and improving breathing.
- **Increases joint mobility** and flexibility in the shoulders, neck and arms.
- **Improves energy** levels by releasing toxins.

Indian Head Massage helps headaches, migraine eyestrain, insomnia, stress, tension and stiffness in the neck and shoulders. This massage is an intensive, non invasive head, neck, shoulder and face massage.

It takes place whilst you are seated and fully clothed and does not require oils.