

REFLEXOLOGY

Like other ancient therapies, such as acupuncture and aromatherapy, reflexology is used as a natural way to treat all sorts of ailments, as well as helping to alleviate the stresses and strains of modern life.

In reflexology the human body is divided into ten longitudinal zones which run from the top of the head to the tip of the toes. The theory is that every part of the body corresponds to a reflex point on the feet. By applying specific pressure techniques to these points, disorders in the rest of the body can be detected and treated.

It is believed that energy flows through the body's zones, and any congestion, tension or inflammation in a zone affects its smooth flow, causing an imbalance of

health. Stimulating the energy zone on the feet helps to clear the zone, restoring the flow and rebalancing health. The treatment itself relieves stress and induces a state of total relaxation. Blood circulation improves and so distribution of nutrients to the cells and removal of waste products will become much more efficient.

Most treatment sessions last for about fifty minutes. During this time the therapist will follow a certain pattern over the feet, using the edge of the thumb to seek out any problem areas. The therapist will then concentrate on manipulating these problem areas. At the end of the whole session you will feel very relaxed. There is no doubt that the treatments have an accumulating effect; most patients find they even benefit from just one treatment.

Margaret R. Blake M.B.R.A.



OXFORD

111, Walton Street,
Oxford OX2 6AJ.
Telephone (0865) 57454

READING

84, London Street,
Reading RG1 4SJ.
Telephone (0734) 581575

SWINDON

7, Bath Road,
Swindon SN1 4AS
Telephone (0793) 31437

HIGH WYCOMBE

264, Desborough Road,
High Wycombe HP11 2QR
Telephone (0256) 27975

BASINGSTOKE

Telephone (0256) 469478

Clive Drewett

Telephone:
Shipton-u-Wychwood
831072

- All types of keys cut
- Fire and Thief resisting Safes
- Fire resisting Cabinets and Files
- Locks to BSI and insurance specifications
- Grills, Bars and Shutters
- D.I.Y. Alarms
- Master Keyed Suites
- Telephone, Card and Digital Entry Systems

SUPPLY - INSTALLATION - SERVICE