



Treat your Sole



REFLEXOLOGY

... is a complementary therapy, which has been used for thousands of years to help restore and maintain the body's natural equilibrium.

How can it help you?

- Releases stress and tension from your body
- Cleanses body of toxins
- Aids circulation
- Maintains your well-being and can be effective therapy for specific conditions e.g. Stress, back pain, fertility, headaches, digestive disorders and many more....

I am a mobile, fully qualified Reflexologist and will travel to your home or place of work. I am local to this area.

Initial appointment with consultation 1hr £35

Follow up appointments 50 mins £35

Gift vouchers available

Receive
£5 discount
with this leaflet

Call Lisa to make an appointment :

077 1721 0990 or

e-mail lisa@treat-your-sole.com



ASSOCIATION of
REFLEXOLOGISTS