



Henley Clinic Ltd | 24a Tuns Lane | Henley-on-Thames | Oxon | RG9 1SA

## REFLEXOLOGY

Prices range from £40.00

Reflexology is a form of “alternative” or complimentary medicine and involves a method of treatment using massage to reflex areas found in the feet and hands. Most commonly the feet are used as the areas to be treated.

In the feet, there are reflex areas corresponding to all parts of the body and these areas are arranged in such a way as to form a map of the body in the feet, with the right foot corresponding to the right side of the body and the left foot with the left half of the body.

By having the whole body represented in the feet, the method effects a means of treating the whole of the body and of treating the body as a whole.

The method has been used for several thousands of years and is known to have been practised in a similar manner by the Chinese and Egyptians. More recently, Reflexology was described in the form in which it is now known by the late Eunice Ingham, an American lady.

Reflexology does not claim to be a “cure all” treatment but numerous disorders have been successfully treated by this method. These include such things as migraine, sinus problems, hormonal imbalances, breathing disorders, digestive problems, circulatory problems, back problems, tension and stress. Most people who have experienced treatment would agree that the method can be most beneficial and that it is a most relaxing therapy.

You can book for a completely free and without obligation consultation with one of our specialists to discuss your needs requirements and questions.



*ASK AT RECEPTION OR SIMPLY CALL US ON  
01491-573344*