

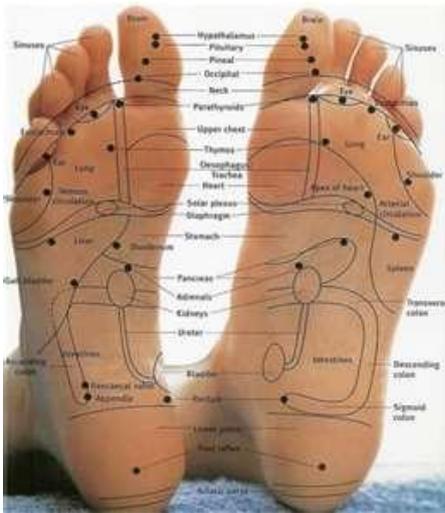
WORLD REFLEXOLOGY WEEK 24 - 30 SEPTEMBER 2012

In association with the Association of Reflexologists (AoR) the following local members will be offering discounted tester sessions of Reflexology on **SATURDAY 29th SEPTEMBER** between **2pm and 5pm** **at Le Friquet Garden Centre**

Reflexology is the practice of applying pressure to the feet utilizing specific thumb, finger and hand techniques based on a system of zones and reflex areas that reflect an image of the body on the feet that work effects a physical change in the body.

Reflexology is a wonderfully simple form of natural, complimentary, and holistic healing. It is the use of special techniques to break up and remove blockages in the body and restore proper circulation of blood to any given area. The focus of Reflexology is on the feet where the nerve endings are located. The feet mirror the entire body and every organ and body part can be found in them.

If you have never had a Reflexology treatment and would love to experience a tester session, or if you are already a believer and would like to meet new Therapists on the Island, just turn up and see what we can do for you.



A Reflexology session is extremely relaxing and stimulating. Since the feet are the only areas being addressed, there is never any need for removal of clothing. A full session usually lasts about 45 minutes.

Reflexology can be used as a self healing art as well. It can be used to balance emotions, restore circulation throughout the physical body, and increase spiritual awareness. While increasing circulation in the brain, it can improve concentration and the ability to meditate.



ASSOCIATION of
REFLEXOLOGISTS



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REFLEXOLOGISTS

**As well as Reflexology, other treatments will be available...Massage,
Thai/Yoga stretching and Beauty Therapies**

Annette Bessin: 07781 403588

Email: markbessin@cwgsy.net

Reflexology/Indian Head Massage

Reflexology, £10 for 15 mins

Jackie Ward: 07781 190709

Email: ward.jacqueline@rocketmail.com

Jacqueline Ward Therapies

Reflexology, £10 for 15 mins

Jenny Batiste: 07781 112954

Email: jennybabe@guernsey.net

Jenny's Holistic Therapies

Reflexology, £10 for 15 mins

Mandy le Messurier: 07781 405505

Email: relaxatalleger@gmail.com

Alleger Massage

Seated back/shoulder massage, £10 for 15 mins

Hazel Seymour: 07839 151073

Email: detendremassage@aol.com

Detendre Massage

Upper back & shoulder massage, £10 for 15 mins

Martine Lanoe: 01481 251219 / 07781 141929

Email: martine@lanoe.net

The Beauty Room at Tramps

Tester Facelift £15

Basic Shellac £15