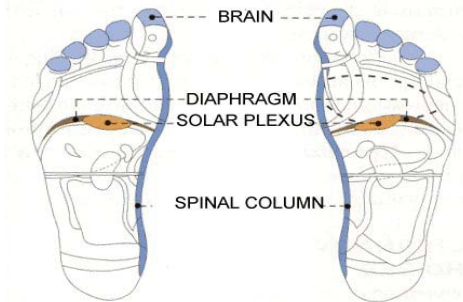


Reflexology



Reflexology is a natural healing art based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. Through application of pressure on particular areas of the hands or feet, reflexology serves to relax tension, improve circulation and promote the natural function of the related area in the body.

Benefits of Reflexology

Thousands of specific benefits have been reported from people who have received reflexology sessions.

- Stress reduction, profound relaxation, for all parts of the body
- Pain reduction and pain elimination, such as in the neck, shoulders, lower back and jaw

- Improved circulation resulting in better oxygen and nutrient supply to all the cells of the body
- Detoxification, improved organ and gland function
- Prevention by reducing accumulated stress in the body before health challenges develop
- Safe nurturing touch

Massage

Massage is a scientific method of manipulating the soft tissues of the body to have specific effect. Its objective is the restoration of function, release of tension and the re-establishment of the contours where this is desirable. It's a safe and effective treatment which benefits people of all ages and conditions.



Benefits of Body Massage



- Improve circulation, increase blood circulation and the flow of tissue fluid (lymph)
- Improve lymphatic drainage
- Soothe and relax nerves
- Relieve stress
- Release emotional tension
- It is the loving touch of the heart expressed through the hands

Register your interest

Name

Address

Telephone Number(s)

Which therapy are you interested in?

Please hand in this section before your first treatment.

Please ask about our special packages that include a session in the sensory room.

By Whom: Marina Fernandez MICHT, a qualified holistic therapist.

Where: St Joseph's Pastoral Centre in Hendon, in our fully equipped 'Reflexology and therapeutic Massage Room'. Enjoy a peaceful, beautiful and safe environment.

Why: The benefits are long lasting and numerous. Priority to be given to people with learning difficulties, but carers, support staff and friends of St Joseph's are welcome to book, subject to availability.

When: Appointments can be made Monday-Friday

Costs:

Therapy	Time	Fee
Full body massage	45 mins	£25.00
Shoulder/Back massage	20 mins	£12.00
Reflexology	45 mins	£25.00
Hand massage	20 mins	£12.00



**ST JOSEPH'S
PASTORAL CENTRE**

working with people with learning difficulties

Reflexology and Therapeutic Massage



**St Joseph's
Pastoral Centre**

St Joseph's Grove

The Burroughs

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