

World Reflexology Week 19-25 September 2022



Reflexology healing circulation
release RELAXING soothing
DEEP stimulate meridians preventative
feet hands detoxify UPLIFTING
rejuvenate MASSAGE
EARS pressure energy pain relief
zones firm BALANCE cleansing
relaxing touch reduce stress
SLEEP therapeutic REFLEXES

www.lorrainestreatmentroom.co.uk/complementary/#Reflexology