

# THE HAVEN PROJECT



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# REFLEXOLOGY

If you feel under the weather, have aches and pains, are stressed and anxious, can't sleep, feel tired and have continual problems that get you down, reflexology might help.

Debbie Juby is a qualified Reflexologist who sees people by appointment on Monday mornings, for six sessions over six weeks.

There are places for three clients per week. Please ask staff if you are interested.

### What is Reflexology?

Reflexology is a form of natural holistic therapy. It is based on the discovery that there are points on the feet and hands, called reflexes, that correspond to organs, systems and structures within the entire body.

By using special pressure techniques to these points on the feet or hands, Reflexology can restore balance and bring about well-being.

### How can Reflexology help?

Reflexology induces deep relaxation which contributes to the return of health. It can balance the body so it can heal itself, cleanse the body of toxins and impurities, prevent ill health and maintain good health, alleviate pain, revitalize energy and improve circulation.