

# BEAUTIFUL HARMONY NEWSLETTER

NOVEMBER

This month we would like to introduce our male therapist Gabor. Gabor specialises in the treatment of reflexology.

Whilst the art of reflexology dates back to Ancient Egypt, India and China, it wasn't until 1913 that Dr. William Fitzgerald introduced this therapy to the West as 'zone therapy'. He noted that reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone.

In the 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot is mirrored in the corresponding part of the body.

Reflexology is complementary therapy, which works on the feet to aid healing to the whole person not just the prevailing symptoms.

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

Reflexologists do not claim to cure, diagnose or prescribe. Each session of reflexology works on an individual basis.

Many people use reflexology as a way of relaxing the mind and body and counteracting stress. Some doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.

With every increasing levels of stress, it is important people take more responsibility for their own health care needs.

Reflexology helps us to cope on a physical, mental and emotional level there by encouraging us to heal and maintain health in all areas of our lives.

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions.

After having completed a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

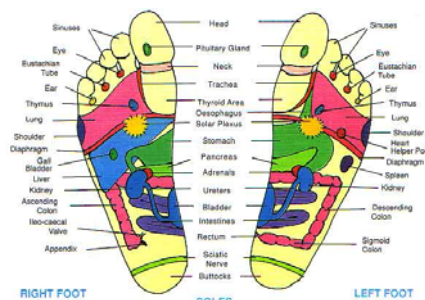
## SPECIAL OFFERS

**ON MONDAYS TUESDAYS AND WEDNESDAYS**  
**2 MASSAGES FOR £50.00**  
**2 FACIALS FOR £45.00**

**BUY 1 GET 1 HALF PRICE ON ALL REFLEXOLOGY TREATMENTS!**

**DOUBLE DULUXE – MINI FACIAL, ARM AND HAND MASSAGE,  
FOOT SCRUB AND MASSAGE AND BACK AND SCALP MASSAGE  
FOR ONLY £50.00**

## Reflexology foot chart



## OPENING HOURS

MONDAY 3.30-8.30  
TUESDAY 3.30-8.30  
WEDNESDAY 3.30-8.30  
THURSDAY 2.00-6.00  
FRIDAY 10.00-2.00  
SATURDAY 11.00-6.00  
SUNDAY 10.00-4.00  
OPENING HOURS BY APPOINTMENT ONLY

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