

**For
Appointments
Call:
(01622)
762628
661055**

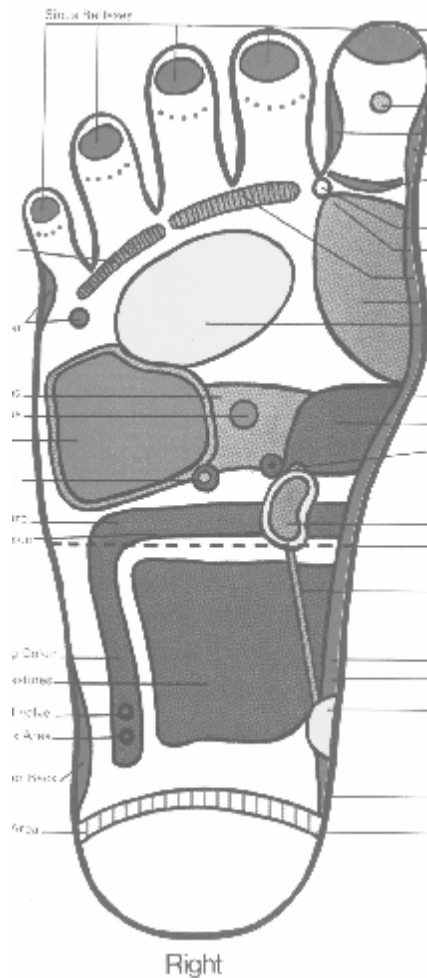
**Come In:
22 Church Street
Maidstone
ME14 1EN**

Click:

www.b-pro-active.com

Common Complaints Treated By Reflexology & Massage Therapy

- **Migraine**
- **Menstrual Disturbance**
- **Arthritic pain**
- **Sleep disorders**
- **Hormonal Imbalances**
- **Stress Related Conditions Including**
 - Asthma**
 - Depression**
 - Sinusitis**
 - M.E.**
 - Infertility**
 - Digestive disorders**
 - Etc.**
- **Sports Injuries**
- **Musculo-skeletal Disorders**



Reflexology

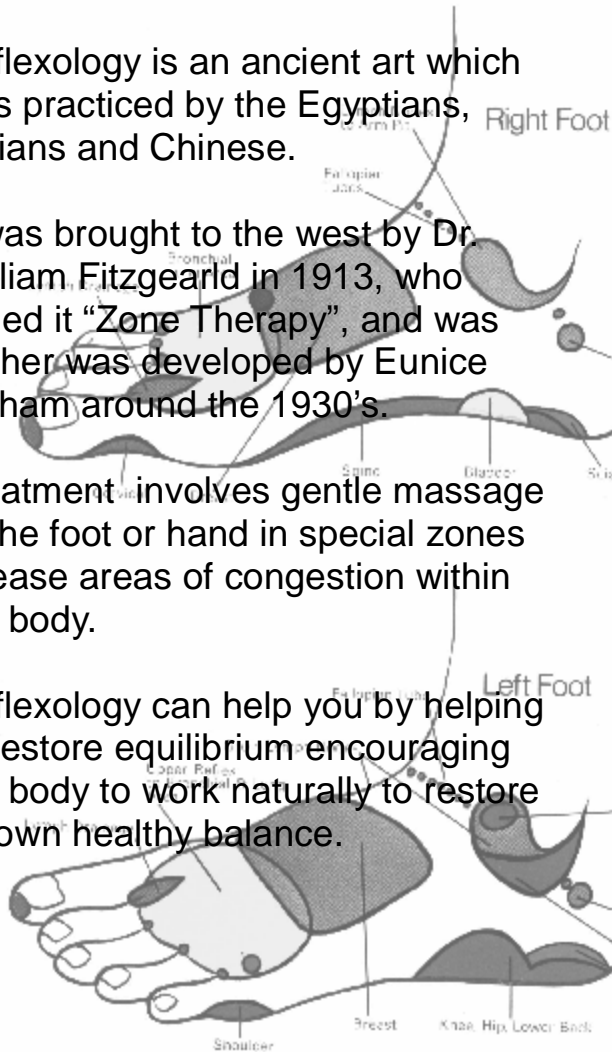
WHAT IS REFLEXOLOGY?

Reflexology is an ancient art which was practiced by the Egyptians, Indians and Chinese.

It was brought to the west by Dr. William Fitzgerald in 1913, who called it "Zone Therapy", and was further developed by Eunice Ingham around the 1930's.

Treatment involves gentle massage of the foot or hand in special zones to ease areas of congestion within the body.

Reflexology can help you by helping to restore equilibrium encouraging the body to work naturally to restore its own healthy balance.



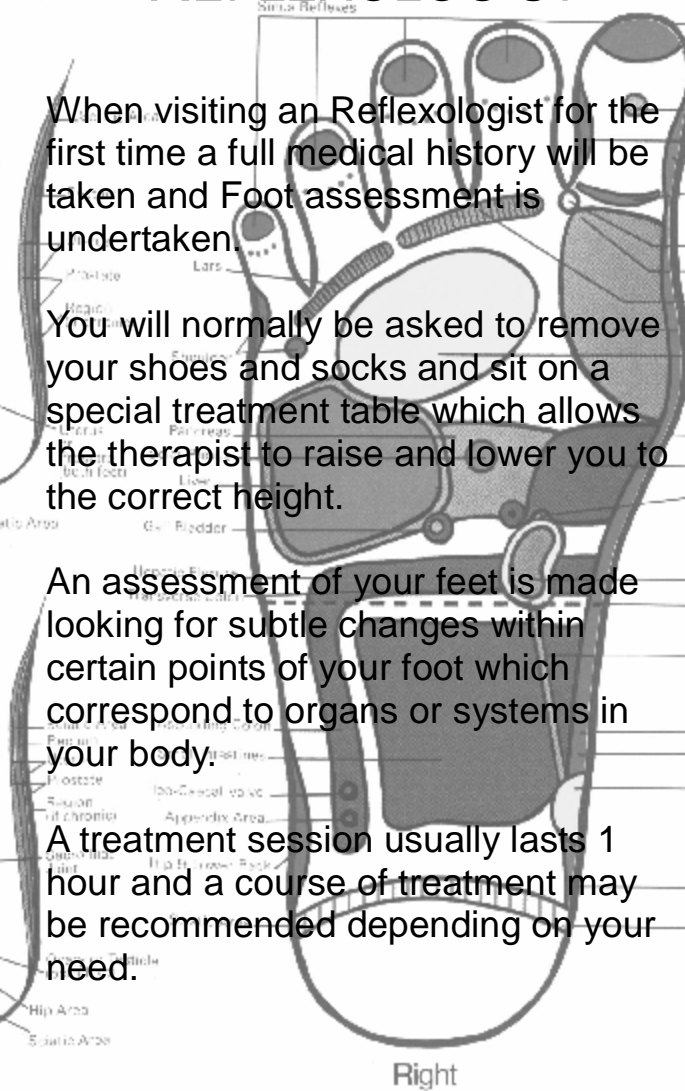
VISITING A REFLEXOLOGIST

When visiting an Reflexologist for the first time a full medical history will be taken and Foot assessment is undertaken.

You will normally be asked to remove your shoes and socks and sit on a special treatment table which allows the therapist to raise and lower you to the correct height.

An assessment of your feet is made looking for subtle changes within certain points of your foot which correspond to organs or systems in your body.

A treatment session usually lasts 1 hour and a course of treatment may be recommended depending on your need.



Right

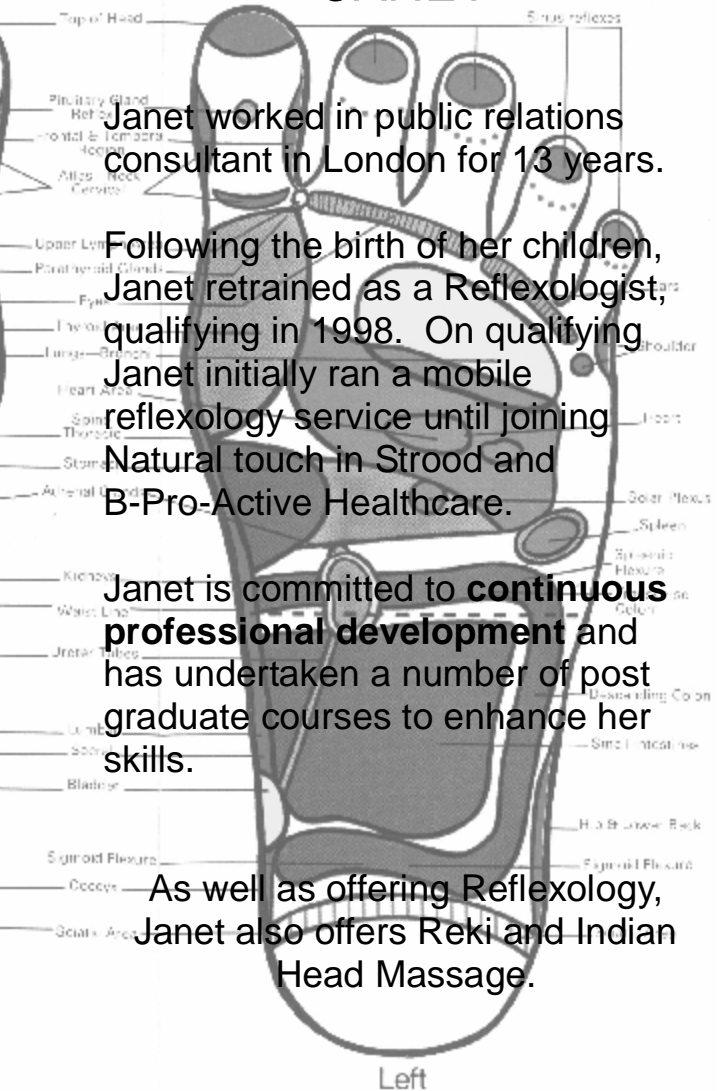
ABOUT JANET

Janet worked in public relations consultant in London for 13 years.

Following the birth of her children, Janet retrained as a Reflexologist, qualifying in 1998. On qualifying Janet initially ran a mobile reflexology service until joining Natural touch in Strood and B-Pro-Active Healthcare.

Janet is committed to **continuous professional development** and has undertaken a number of post graduate courses to enhance her skills.

As well as offering Reflexology, Janet also offers Reiki and Indian Head Massage.



Left

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE
www.b-pro-active.com