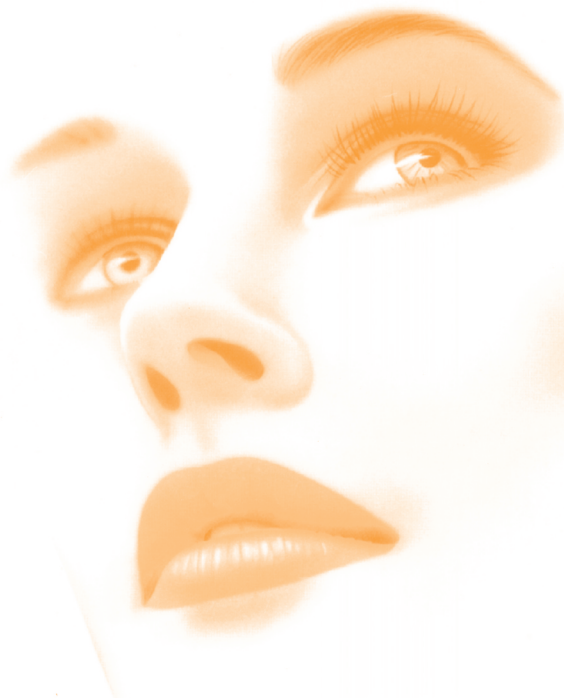


massage

relaxation - remedial - reflexology



*Robyn's Beauty  
on the Go*



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43 Horsley St.,  
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To make an appointment

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## Relaxation or Remedial

Massage involves healing by touch working with soft tissue of the body including muscles. Massage helps the body improve the functioning of joints and muscles, as well as promoting circulation and general body tone and relieving mental and physical fatigue.

Massage is one of the easiest ways of attaining and maintaining good health.

Aching shoulders, neck, back, body aches and pains, insomnia, tension and stress can all be alleviated with massage.

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## What is reflexology?

Reflexology is based on massage and pressure points of the feet using light and deep pressure over the feet.

Reflexology stimulates more than 7,000 nerves when touching the feet and encourages the opening and clearing of neural pathways.

## What are the benefits?

- **Reduces stress & induces relaxation:** reflexology reduces stress by generating deep tranquil relaxation.
- **Improves circulation:** By reducing stress and tension reflexology helps the blood flow more freely throughout the body.
- **Cleanses the body of toxins & impurities:** By deepening relaxation, reflexology causes all the systems of the body to function more efficiently.
- **Balances the whole system:** For the body to be healthy, everything must work together. If one part is out of whack, other parts suffer.
- **Revitalises energy:** To feel good and alive requires sufficient energy. By relaxing and opening up energy pathways, reflexology revitalises the body and supplies it with energy on all levels.
- **Stimulates creativity & productivity:** Very few of us can perform at our best if we are sluggish and tired. Like exercise, reflexology restores mental alertness and improves the attention span. By reducing tensions and calming the mind, we are free to think our best thoughts, come up with our best ideas, and work longer and with greater clarity at difficult tasks.

## Reflexology Testimonials:

*My first experience with reflexology was amazing. I had instant results. It was calming & all about my wellbeing. I had aches & pains throughout my body, they were solved. Stress was relieved immediately. I like the feel of reflexology, I prefer it to a body massage as it has a longer lasting effect. This is my ultimate therapy treatment with no side effects. It's all about feeling good. ANITA HOLLAND 27.6.08*

*I just loved my experience with reflexology, I have never felt so relaxed & calm. LISA DARRACH 9.5.08*