



NEWSLETTER

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Reflexology Lymph Drainage (RLD)

In September I attended a 2 day RLD training course with the wonderful Sally Kay.

What is RLD?

It is a reflexology treatment that “aims to stimulate the function of the lymphatic system and drain excess lymph from the damaged area” (Sally Kay).

Although RLD was initially developed for Lymphoedema sufferers it was found that it can also benefit many other conditions.

What conditions could RLD possibly help?

- Auto-immune Disorders and many inflammatory conditions as well as breast cancer related secondary Lymphoedema
- Eczema, Psoriasis, Alopecia, Asthma
- Rheumatoid Arthritis, Lupus, Multiple Sclerosis,
- Fibromyalgia, ME, Chronic Fatigue
- Migraine
- Pre-menstrual Fluid Retention
- Post-operative Recovery
- Allergies including Hayfever
- Shingles
- Digestives issues such as IBS, Colitis, Chrones, Coeliac

RLD is not suitable if you have deep vein thrombosis, cellulitis, unstable heart conditions or kidney failure.

Comments from students on my training course after only one treatment

- Shoulders no longer achy
- Slept all night
- Clearer head and face
- Feel less bloated
- Calmer but energised
- Shoes felt looser
- Digestive system feels calmer
- Felt energised
- Felt light
- Fluid lump on ankle disappeared
- Felt very relaxed
- Sinuses a lot clearer
- Aches and pains eased

Research data can be found on the RLD website www.reflexologylymphdrainage.co.uk

More information on the lymphatic system can be found on [MacMillan Cancer Support](http://www.macmillan.org.uk) website.

So far the feedback I have received from RLD treatments has been “amazing”
“I’ll have that reflexology again”
“The swelling & pain in my knees has reduced”
“My legs are no longer as swollen”
“I feel lighter and less bloated”

‘because we are all unique’

I completed my case study on a Rheumatoid Arthritis sufferer and a quick overview of the results are that they showed a reduction in swelling and pain from a 6 (which is the highest) to 3 (with 1 being the lowest) over the course of the four treatments. Their well-being went from a 5 (6 is as bad as it gets) to a 1 (as good as it could be).

They found the treatments very relaxing; they had better energy and sleep which in turn has improved their mood and therefore their home life.

Some comments they gave me over the course of the treatments were - "my feet feel amazing now, they always hurt so much, so it's nice for them to feel so good". "I feel really good today, lots of energy and my joints don't feel so achy. Slept like a baby as well".

As the benefits of RLD are so wide ranging I am now incorporating them into my regular reflexology treatments. If you would like to try a Reflexology session or have any questions please get in touch.



I have updated my [cancellation policy](#) and if you are unable to keep your appointment please give me at least 48 hours notice otherwise a £20 cancellation fee will be charged (*unless I manage to fill your appointment*). Missed appointments and appointments cancelled on the day will incur a charge of the full treatment price.

I will be at the Dingwall Gaelic Nursery on Friday 23rd November from 7pm doing Reflexology and Indian Head Massage sessions at a bargain price of only £8 for 20 minutes. I will also

have some free gifts available so please come and say hello if you're there.

At the moment I am available for appointments on Mondays, Thursdays and Friday mornings and they are starting to book up quite quickly, so please try to book as far in advance as you can, so that you aren't disappointed.

Over the festive period I will be off from Monday 24 December until Wednesday 2 January inclusive.

If you want to give the gift of relaxation why not treat your loved ones (*or get them to treat you ☺*) to a gift voucher for the treatment of their choice.

With love & the beauty of autumn colours

Jane x

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