



NEWSLETTER

Issue No. 4 February 2019

Welcome to my first newsletter of 2019 and I hope this finds you in good health. In this newsletter I wanted to explain how I work and how this can benefit you. If you have any comments or suggestions on how I can improve/alter my treatments please do get in touch as it would be lovely to hear from you.

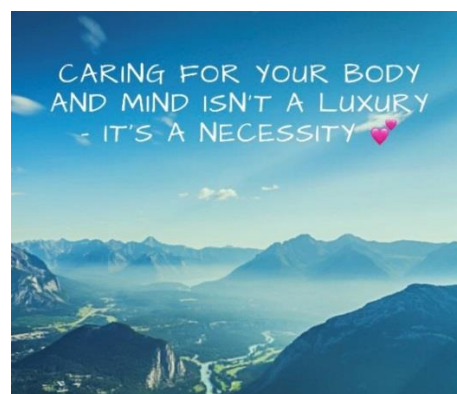
How I Work

I work holistically which means that I listen to what you say and what your body tells me. This is why I always like to have a little chat when you arrive so I can gauge how you are that day and we can then decide on the most appropriate treatment.

To explain this better, I have recently treated clients with the following therapies:

Client A – they had a Full Body Massage to relieve their aches and pains, along with some Reiki to relieve emotional tension and then a short Reflexology Lymph Drainage session to boost their immune system – this was all achieved within their one hour appointment and they left feeling like they had really been listened to.

Client B – again they had requested a Full Body Massage but I also did a little bit of Reflexology on their congested digestive system. They also received some Foot Reading which really helped them understand more about their core personality and why they do and say what they do. They were fascinated by the insight into their personality and again left feeling physically and emotionally better.



It's wonderful for me to be able to offer this to clients and the more I learn the more I am able to incorporate new techniques into how I work. It's lovely and varied for me to work this way as no two clients receive exactly the same treatment.

'because we are all unique'

Reflexology

In a Reflexology session you may receive some energy work through different techniques I have learned at various courses and from other therapists, and of course the feet might just give me some clues!

As mentioned in a previous newsletter I include Reflexology Lymph Drainage within my Reflexology treatments as it is so beneficial for lymphoedema, arthritis, asthma, digestive issues, eczema, chronic fatigue, fibromyalgia, fluid retention, PMS, sinus problems, muscular tension, aches and pains.

FOOT FACTS FOR HEALTHY FEET

The **SIZE & SHAPE** of your feet may change in your life.

Wow, **250 000** sweat glands in each foot.

WALKING is the best exercise for your feet.

An **Epsom Salt foot Soak** is super fantastic for your tired feet.

Feet are one of the most ticklish parts of your body ... but luckily **REFLEXOLOGY** is not ticklish!

www.karensreflexology.co.nz

26 bones in each foot
33 joints in each foot & ankle

More than **100** muscles, tendons & ligaments in each of your feet & ankles.

Over **7000** nerves in each one of your feet.

LOVE your feet!

Massage

In my massage I often use Hands Free Massage techniques which involves me using my forearms and elbows for a deeper massage; when it is required.

And for the lucky ones! you may get to experience getting your Trigger Points worked – painful but extremely effective. I've had success in treating clients with plantar fasciitis type pain and sciatica. Trigger Points are knots in your muscle which are painful (and not always where you feel the pain in your body) and when found they feel like your pressing on a bruise.

And always remembering Hot Stone Massage – this is an amazing way to quickly relax tense muscles; especially during the cooler winter months. Some of my clients swear that their Hot Stone Massage keeps them more mobile and free of aches and pains for longer than regular massage – why not try it and see for yourself?

Love and spring flowers

Jane x

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