

meraki

What is reflexology?

This deeply relaxing treatment involves massage and applying pressure to points on the feet to help prevent and treat a wide range of mental, physical and emotional problems.

The premise that there is a definitive relationship between areas of the feet and organs and systems of the body allows me to identify tensions and imbalances in your system. In other words, the feet are actually a 'map' of the body and, as such, can be gently worked on to stimulate circulation, release toxins and restore balance and vitality.

Specialist treatments available for Fertility, maternity, menopause, teen anxiety and mens health

Benefits of reflexology?

Scientific research shows a long list of physical, mental and emotional benefits some of which include:

- Relaxation
- Stress and anxiety reduction
- Increased circulation
- Improvement of nerve functions
- Elimination of toxins
- Boosts metabolism and energy levels
- Menstruation difficulties
- Hormone imbalances
- Pregnancy discomforts
- Fertility issues
- Male health issues
- Reducing headaches
- Sleep disturbances
- Reduce fatigue
- Speeds up recovery from injury, illness or surgeries
- Chronic pain management

www.merakibangor.com

