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FOOT HEALTH CARE

KEEPING YOUR FEET
HEALTHY IS A MAJOR
PART OF PREVENTING
FOOT PROBLEMS.

FOOT CARE TREATMENTS AVAILABLE:

-  Foot health check and foot care advice
-  Nail cutting and filing
-  Reduction of thickened or bulky nails
-  Removal of corns or calluses (hard skin removal)
-  Treatment of fungal nail infections
-  Treatment of athlete's foot
-  Treatment of warts and verrucas
-  Treatment of cracked heels and fissures
-  Diabetic foot care

They carry us the equivalent of five times around the earth in an average life time, yet we give them so little attention.

Some foot problems are inherited, and some develop from illnesses in middle age, or from the pressure of ill-fitting shoes.

Foot Health Practitioners are trained in many aspects of foot health care.

Basic hygiene and correct nail cutting may be all that's needed to keep your feet in good health. However when normal feet turn into problem feet, it's advisable to seek the help of a trained Foot Health Professional.

REFLEXOLOGY

REFLEXOLOGY IS A SCIENCE THAT DEALS WITH THE PRINCIPLE THAT THERE ARE REFLEX AREAS IN THE FEET WHICH CORRESPOND TO ALL OF THE GLANDS, ORGANS AND PARTS OF THE BODY.

WHAT DOES REFLEXOLOGY DO?

-  Improves blood circulation
-  Improves lymphatic drainage
-  Promotes the unblocking of nerve pathways
-  Relaxes muscles
-  Relieves stress and tension
-  Helps nature to achieve homeostasis
(Balance throughout the body)

WHO CAN BENEFIT FROM REFLEXOLOGY?

Reflexology is suitable for men, women and children of all ages and can bring about relief from a wide range of symptoms.

However you do not have to be ill to enjoy the benefits of reflexology - many clients have regular treatments to maintain their 'general well being'.

REFLEXOLOGY CAN BE HELPFUL FOR:

-  Pain
-  Arthritis
-  Migraine/headaches
-  Stress related conditions
-  Digestive disorders
-  Hormonal imbalances.....TO NAME JUST A FEW!

REFLEXOLOGISTS DO NOT:

-  Diagnose
-  Prescribe
-  Treat for a specific condition.

TREATMENT COSTS

FOOT HEALTHCARE

At the initial appointment a full medical history is taken and a foot health check is completed prior to your treatment.

£22

* 1st Consultation

Please allow approximately 1 hour for this appointment.

£20

* Follow up Appointments

Please allow approximately 30-45 minutes for this appointment.

* Payment is required by cash or cheque at the time of treatment.

REFLEXOLOGY

Relax and experience the Powers of Reflexology.

£32

* 1st Consultation

Please allow approximately 1 1/2 hour for this appointment.

£28

* Follow up Appointments

Please allow approximately 45 minutes for this appointment.

Treatments by Appointment are carried out at:

The Poulton Treatment Room

Home Visits: If for any reason you are unable to visit the clinic a home visit can be arranged at a small extra cost.

