



reflexology: not just a foot massage with Tracy Chau

Reflexology is an ancient holistic therapy that when applied properly on a particular section of the foot will nourish the corresponding organ with fresh chi (energy). By stimulating or sedating reflexes/acupressure points located in the feet + legs, stagnating chi retained in the body is released; balance and health are restored, energy levels improved and relaxation and rejuvenation enjoyed.

How can reflexology help me

Reflexology boosts the immune system and is extremely effective in treating:

- Digestive disorders, including IBS + weak digestive system
- Gynaecological problems including menstrual/fertility issues & pregnancy complaints
- Respiratory ailments, including sinusitis & hay fever
- Everyday stress & tension, High blood pressure, Insomnia

Tracy's main aim is to find and treat the root cause of the problem in order to alleviate the existing condition. Tracy facilitates healing through breath, visualisation, meditation, diet and reiki and by working holistically, she infuses mind + body with emotional + physical confidence that supports continuing good health in everyday life. As every person is unique, Tracy always tailors her treatment for your needs.

Please visit www.omfeet.co.uk for more information.

Wednesday	Soho	12.00 – 4.00pm	60min	£60
Saturday	Primrose Hill	9.30am – 1.30pm		

triyoga primrose hill + soho

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