

Treatment

To ensure the safety and well-being of the patient/client the initial treatment includes a consultation taking into account the medical history, present health, lifestyle and the benefits a patient/client wishes to gain from the treatment. This level of detail is necessary so as to ascertain a complete health picture, and is valuable to refer to during following treatments to evaluate progress.

Before any treatment it is suggested that only a light meal is eaten, and preferably no alcohol is consumed.

Reflexology treatment (60mins) £35

Reflexology can be used alongside conventional medicine in the treatment of both acute and chronic disease. Some people may have reflexology as a preventative measure or because they feel unwell in themselves without being "ill" in the Western sense. As with any therapy, the response to reflexology can vary from one person to another.



About Us

As a Social Enterprise (not-for-profit company), Rowan Holistic Health Limited provides a patient centred approach in improving the health & well-being of rural communities through accessible & affordable complementary therapies, as well as community education in whole-person health approaches.

The delivery of our complementary therapy care service specialises in patients / clients with long-term chronic conditions, inclusive of cancer, for those aged 16 years & over who live within Northamptonshire and Leicestershire county boundaries.

Practitioner

Judith Crook Cert Ed, CNHC, MFHT

Clinical Reflexology

Therapeutic / Aromatherapy Massage

Hopi ear candling

Mobile: 07763 185413

judith@rowanholistichealth.co.uk

Please give at least 24 hours notice of an appointment cancellation otherwise a full cost of a treatment will be charged

Disclaimer

Please note that in the course of a treatment no attempt is made to diagnose or replace your doctor.



Clinical Reflexology

Home Visits

Practices Also At

**Saxon Spires Practice,
Guilsborough Surgery,**
West Haddon Road, Guilsborough,
Northamptonshire,
NN6 8QE

&

**Saxon Spires Practice,
Brixworth Surgery,**
Northampton Road, Brixworth,
Northamptonshire,
NN6 9WU

www.rowanholistichealth.co.uk

Clinical Reflexology

As a science based on physiological & neurological study the principle of reflexology is that areas, or reflexes, on the feet and hands relate to the internal organs and parts of the body. Using a specialised system of touch and working on a specific reflex of the feet or hands can influence other areas of the body, while a full treatment is, in effect, a full body massage.

Whilst reflexology is a manual therapy it is not 'just a foot massage'. It is a powerful system of healthcare, useful for achieving and maintaining health and enhancing wellbeing, as well as for relieving symptoms or causes of illness and dis-ease. It is a means of maintaining homeostasis (balance), aiding relaxation and facilitating the body's own innate self-healing capacity.

Research suggests the use of reflexology in supporting and having the potential to benefit the following conditions:

- Arthritis
- Cancer care
- Circulatory problems
- Complex chronic illness including:
 - Persistent pain / fatigue
- Depression
- Digestive disorders, e.g.:
 - IBS, Constipation
- General pain relief
- Headaches / Migraine
- Hypertension
- Hormonal disorders, e.g.:
 - PMS/Menstrual problems
 - Menopausal symptoms
- Musculoskeletal pain:
 - Back & neck (acute)
 - Back & neck (chronic)
 - Osteoarthritis
 - Rheumatoid Arthritis

- Stress related conditions:
 - Anxiety
 - Panic attacks
 - Insomnia

Adapted Reflextherapy

Using the original theory of reflexology this is a specific technique used to treat patients of all age groups with acute and chronic pain states arising from musculoskeletal problems, frequently with spinal involvement and nervous system disorders. This technique is performed primarily on the reflex area for the spine and has proved particularly effective in cases of whiplash-associated injuries.

Reflexology Lymphatic Drainage (RLD)

RLD was developed through clinical practice, by Sally Kay BSc (Hons), whilst working in cancer care outpatient clinics, using reflexology for patients suffering from all kinds of cancers and at all stages of the disease. It is a technique that isolates and systematically stimulates the lymphatic reflexes of the feet, using a problem specific sequence.

Lymphoedema is a chronic (long-term) condition that causes swelling in the body's tissues, usually in the arms and legs. It develops when there is a problem with the lymphatic system, a network of vessels and glands spread throughout the body, whose main functions include helping fight infection and the draining of excess fluid from the tissues.

Secondary lymphedema is caused by damage to the lymphatic system or problems with the movement and drainage of fluid within the system. This may be a result of an infection, injury, cancer treatment, inflammation of the limb, or lack of limb movement.

The RLD treatment is adapted according to the site of secondary lymphoedema but may also be used when treating other conditions including: fibromyalgia, chronic fatigue syndrome, other immune-related illness, Parkinson's Disease, and generalised aches and pains.

Potential Benefits of Reflexology

Physical Effects

- Aids circulation—improved blood flow
- Enhances the immune system
- Improved blood and nerve supply to muscles, aiding reduction of inflammation, pain and swelling
- Revitalizes
- Balances the systems of the body

Emotional and mental effects

- Promotes calmness and a sense of well-being
- Relaxes the body and mind
- Relieves stress
- Soothes emotional distress