

The Right Pressure

Reflexology



Questions

Below are questions you may have about a Reflexology therapy session

If your question is not listed below, please use the contact form on the website or send an email to right-here@therightpressure.co.uk for more information

How often would I need Reflexology?

The number of sessions required will vary depending on individual wellness. Most people find that four sessions are adequate. Others may require between six to eight.

Clients have found treatments effective where sessions are taken weekly in regular succession. This is also the way that I like to work, although it is appreciated that in some instances, work/life commitments may restrict this.

For follow up sessions, generally once every six months should be adequate. Again, this is not a fixed given, as it depends on individual wellbeing. Some people like to maintain follow up treatments every three months, and others, more regularly.

How is Reflexology applied?

Pressure is applied to certain reflex points. Depending on the treatment you have chosen, these reflexes are located on your feet, or hands, or face

As with acupressure or acupuncture, in Chinese medicine, reflexology shares the concept of using pressure points on the body to relieve stress. The idea is to promote the body's capability to heal and restore a sense of wellbeing and balance.

During a reflexology treatment, the client controls the level of pressure they prefer and are comfortable with.

Where there is sensitivity in the reflex, it's an indication to sensitivity in the corresponding part of the body. A skilled reflexologist will interpret and consider this in context of individual wellbeing

Do I need to be unwell to benefit from Reflexology?

A Reflexology treatment is always a good way to enter a deep state of relaxation, to allow the body to let go of tensions. It's when we can relax that the body can help restore balance and a sense of wellbeing

You don't have to feel unwell to benefit from relaxation. Also, many people use alternative therapies as they believe it to be a good preventative approach to unwellness.

A good Reflexologist won't claim Reflexology as a medical or diagnostic tool, yet a skilled Practitioner can sense where there are imbalances in the body, bring awareness to, and help balance those areas. There are practitioners who can perceive a high level of information in the body, through the reflex points

What conditions is Reflexology able to help with?

A Reflexology treatment is a great way to enter a deep state of relaxation, to allow the body to let go of tensions

Clients advise they have felt positive effects from reflexology treatments for the following conditions: -

- After an Operation
- Symptomatic Pain Relief
- Sports and performing professions
- Mental stress
- Energy Levels
- Travel

- Emotional imbalance
- Emotional fatigue
- Hormonal imbalance
- Before Pregnancy
- Post Pregnancy
- Anxiety
- Bloating and digestive soreness
- Sinuses

- Multiple sclerosis
- Osteoarthritis
- Bereavement
- Depression,
- loss of confidence
- loss of focus

What am I likely to experience during and after a Reflexology treatment?

How the body reacts to an alternative holistic therapy is dependent upon the individual and wellness.

That said, there are some experiences that are often reported. For an understanding of what these tend to be, please see "List of Contra-Actions" on the website

Are there any circumstances in which I would not be able to have a Reflexology treatment?

There are possible Contra-indications that you may need to consider before your reflexology treatment

In most instances a Contra-indication is a medical condition which requires medical treatment. For an understanding of what these are, please see "List of Contra-Actions" for reflexology or "List of Contra-Actions" for facial reflexology, both are located on the website

Are home visits available for Reflexology?

A Reflexology treatment at your home can be arranged.

Please note that time taken for travel will be included in the cost of your treatment. Therefore, some clients prefer to arrange a home visit when there are two or more people requiring a reflexology treatment.

Can I purchase a Gift Voucher for a Reflexology treatment?

Knowing how beautiful the expression of gratitude is through a present; gift vouchers are available for all the reflexology treatments, whether an individual session or a treatment pack.

Once you've decided which treatment option you would like to give, please email here@therightpressure.co.uk.

Gift vouchers can be emailed directly to you, or directly to the person you are treating. You can add a personalised greeting to your gift voucher

Please note however that gift vouchers must be redeemed within 12 months of purchase.

The Right Pressure – it's a GIFT!

Reflexology

You obviously know the Right People!!

This Voucher is for YOU and entitles you to spend £100 with **The Right Pressure**

You've got friends in lovely places and they want you to experience Reflexology. Have a look on the other side to see what type of treatments you can experience with us

Name of Recipient

Voucher No: 2019000

Redeem within 1 year from 00/00/0000

SAMPLE ONLY

The Right Pressure – What a GIFT!



Reflexology Treatments

		1 Session	Pack 4-6	Pack 7+
ENERGY -	1 hour	£ 95	£ 85	£ 75
CLARITY -	1 hour 30 minutes	£ 125	£ 115	£ 105
BALANCE -	2 hours	£ 155	£ 145	£ 135
RELEASE -	2 hours 30 minutes	£ 215	£ 200	-

You've got friends in lovely places and they want YOU to experience **The Right Pressure**

If you can't wait to make your appointment e: right-here@therightpressure.co.uk or visit us at www.therightpressure.com

The Right Pressure

Reflexology

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