



# Infusion Wellbeing



## Reflexology

**What is Reflexology?** Reflexology is a powerful treatment. Dating back as far as ancient Egypt, India, and China, it uses light pressure to massage toes, feet, and ankles. This releases tension, removes energy blockages, stimulates blood circulation, and disperses accumulations of calcium and uric acid.

Reflexology identifies a wide range of disorders in the body, through the different reflex points of the feet and lower legs corresponding to different areas and organs of the body. Identification of these disorders promotes the healing of the body and mind, and helps the body to restore its balance naturally. After a treatment, your tension is often reduced with a sense of relaxation. You will also find you sleep better and your sense of mood and wellbeing will improve.



**Book today! [www.infusionwellbeing.co.uk](http://www.infusionwellbeing.co.uk)**

