**What can I expect in a Reflexology treatment?**

Your first Reflexology treatment includes in-depth personal consultation to understand your medical and lifestyle history, this is to ensure the treatment is tailored specifically to your needs and requirements.

Laura will make you comfortable with bolster support for your knees and ankles.  It is only necessary to remove your shoes and socks for the treatment as pressure will only be applied to the feet and lower legs.  Laura may also treat the hands if necessary.

There are many different reactions one can experience during a treatment and each person responds differently, also understanding it can change with each treatment depending on what you are experiencing and how you are feeling on that particular day.

One may experience some of the following reactions; changes in temperature, changes in emotions: feeling the need to laugh, cry or sigh.  Feeling of being in a deep meditative state or on occasion falling asleep.  One may experience visualisations, different tingling sensations across the body or feelings of some pain and discomfort over specific reflex points.

The treatment closes with a foot massage using a soothing and nourishing organic cream and grounding to gently bring you round.  It’s important to drink plenty of water to help with the clearing and cleansing process.

You can feel the effects of the treatment in the following days as reflexology continues working to achieve a state of homeostasis.  Based on your needs and requirements you can discuss follow up sessions that can either form part of a complete treatment plan or be stand-alone for relaxation and balance.

Laura is a qualified Preconception and Pregnancy Reflexology Practitioner.