

Client Testimonials

Testimonial 1

Dear Elisa,

"I just wanted to tell you how profoundly the reflexology session I had with you last week affected me - the morning that I saw you I practically felt crippled - not good for an active girl like me! After seeing you, yes, I was wiped! went to our little cottage and crawled into bed and slept for about an hour. I awoke feeling blissed out, stood up, moved about - with absolutely NO discomfort in my right hip at all. I know what yoga, massage can and has done for me, but my, this just blew me away. I know you could feel how long this pain has been with me...what a release, what a relief...I went for a 16 km hike the other day, and tho' felt sore at the end, I wouldn't have contemplated it the morning before I saw you. THANK YOU so much! seems my left hip is still a bit stuck, but so much better - I have been working on them myself, and will show my friend, massage therapist here, a few things to help me.

Just had to share that with you, so many people have tried to work on these hips, and one session with you was just truly remarkable - what a gift you have! All the best, and thank you again,"

- Female, Yoga & Massage Therapist - West Coast

Testimonial 2

"Whilst attending a reflexology training course, Elisa demonstrated a segment on my right foot. I have always had puffy ankles but that evening I felt intense energy in my right leg. During the night I physically saw the congestion move up from my right ankle towards my thigh. In the morning I awoke to find a slender right ankle! I will continue to see Elisa to improve my circulation, congestion and overall health."

- Female 29, Nutritional Consultant - Christchurch

Client Testimonial 3

"I can get out of bed without a walking stick, the pain is gone and I have not had to use medication this week."

This was Margaret's response to me after her first reflexology session with me in 1997.

Margaret had a serious motor accident in early 1976, when she was seventeen. She had been taking anti-inflammatory and painkilling medication ever since for pain on the left hip and in the 1990's had suffered stomach ulcers as a side effect of the medication. In 1997 she was taking medication every day and was sleeping badly. After her reflexology sessions she felt pain free, her mobility had increased and she was sleeping well.

(Further information on this case study can be found in 'From Massage to Miracles' book by Richard Harman.)