

How can Reflexology help?

Reflexology is gentle, non-invasive, holistic therapy that activates the body's own healing processes, resulting in better health.

There are 'reflex' points on the feet, that are a 'reflection' of all body parts and mirror the whole person. Specialised combinations of pressure techniques to these reflex points improves energy pathways via the nervous system, thus allowing better communication between body and brain.

All body systems benefit from reflexology but you may notice the effect on your circulation, nervous and lymphatic systems in particular.

Pregnant women undergo physical and hormonal changes to cater for the growing fetus. Every system is effected; so it is important for the expectant mother to ensure that a healthy balance is maintained.

Maternity Reflexology

is specialized training that addresses the time before conception, during and after birth. Maternity Reflexology offers a gentle, safe, powerful tool for assisting women with: **low fertility issues, IVF support, pregnancy, labour and postnatal period.**

Fluctuating hormones can be balanced using an Endocrine Balance technique. Treatments are useful towards the end of pregnancy in preparation for the birth. Overdue or stalled labour can prove to be anxious times. By relaxing and activating certain reflexes, labour often starts and continues naturally.

Studies have found that regular reflexology during pregnancy promotes:

- normal and healthy pregnancy which goes to term smoothly
- gains a degree of relaxation that indirectly impacts on the fetus
- reduces many symptoms, pain and discomfort, elevation of moods
- addresses complications and conditions that occur during pregnancy
- a spontaneous onset of labour without the need of artificial intervention
- a shorter labour - safe and pain free birth as possible birth
- a calmer and improved relationship with mother and baby



a happier and healthier family

Studies have shown that women who have regular reflexology treatments during pregnancy have a far shorter labour than those that don't.

For further information visit;

www.maternityreflexology.net
www.maternity-reflexology.com

Clients have reported relief with some of the following effects that may occur during pregnancy.

- Back pain release
- Morning sickness
- Swollen ankles & legs
- Tiredness (common in the 1st trimester)
- Insomnia (better quality sleep)
- Relief from stress & anxiety
- Headaches / Nausea
- Constipation (improved digestion)
- High or Low Blood Pressure
- Carpal Tunnel syndrome
- Hemorrhoids
- Pain relief during labour

Sub-fertility

The inability to conceive can depend on many different factors. e.g. anxiety, stress, underweight, irregular periods. Reflexology releases tensions, and promotes a healthier internal environment in which conception can take place.

Postnatal Care

Postnatally, reflexology can help with breast feeding, It is particularly effective with postnatal depression. Restoring emotional and physical balance after childbirth.

About Elisa Lanau

Elisa trained as a Reflexologist in 1992. To further her practice and teaching Elisa has undertaken post-graduate reflexology studies, including Maternity Reflexology training in the UK and NZ.

She has been in a busy private practice for fourteen years, working alongside both complementary and orthodox medical practitioners.

Elisa has developed and taught Reflexology courses for thirteen year.

She is a professional member of Reflexology New Zealand Inc, and is a New Zealand Charter of Health Practitioner member.

Elisa is an experienced passionate reflexologist, who is delighted to have helped so many women prepare for conception, and experience a natural and less stressful pregnancy.

To view testimonials visit Elisa's website.



Enter into a sanctuary of relaxation, revitalization and better health.

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Phone Elisa to make an appointment.
Enquiries welcomed.

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Maternity Reflexology

supporting women
prior, during and after childbirth



promoting a happy & healthy mother and
baby

Elisa Lanau

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Clinical Reflexologist

New Zealand Chartered Health Professional