



## Reflexology for Winter Wellness

One of the most effective natural treatments for mind/body balance, as every organ, gland and body system is worked on to assist the body's functional ability. Improving total performance of the whole body & mind therefore ridding the body of any imbalances, toxins and blockages. Profound relaxation is simply an exquisite added bonus...as too paradoxically is revitalised energy!

## Needing to charge up your batteries?

Now that winter is well and truly here, our immunity often needs an extra boost. Reflexology activates particular reflex points to support and strengthen the immune system. As the main organ of immunity the Spleen is considered the body's 'battery'. So, coincidentally by charging up the Spleen (battery), it also increases our physical energy, concentration and mental focus. A perfect 'mind/body' uplift, for any winter woes and lows.

My clients have found help with a whole spectrum of acute and chronic conditions. Reflexology can also help you if you are . . .

- Feeling stressed, burnt out, or anxious
- Experiencing any digestive or respiratory issues
- Finding it difficult to sleep
- Wanting relief from pain or headaches
- Experiencing low moods or depression
- Wanting to overcome addictions (eating disorders)
- Experiencing grief or loss (of loved one or self worth)
- Undergoing treatment for cancer
- Pregnant, or finding it difficult to fall pregnant
- Simply wanting to stay healthy and feel your vital best!



Since reflexology treats the person and not the symptoms, everyone has the potential to benefit from treatment, including babies, children, the elderly.

## Daily Practice

Science has proven the 'mind/body' connection. Love, laughter and having happy thoughts directly influences our immunity in a positive way. What makes you happy!

## Want to know more about supporting your health and wellbeing?

Simply contact **Elisa Lanau MRNZ** Reflexologist, Tutor, Intuitive (15 yrs in private practice)

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