

Wellbeing for Body and Soul



Reflexology a relaxation and revitalization therapy

By using reflexology, we are able to feel what is going on in your body and can detect imbalanced areas that are not functioning correctly. For instance, your digestive system may be sluggish and causing health issues in other areas of your body. Reflexology helps the body to rebalance and so enables self healing to take place, this is achieved simply by relaxing fully while specific moves and pressure techniques are applied to your feet.

After reflexology your body will feel relaxed, revitalized and cleansed. Imbalances will be identified, hormones balanced, sleeping patterns will have improved, your mind will be more focused, nervous tension and anxieties will be reduced. Other concerns including weight loss can be improved and you will enjoy an overall general feeling of well-being.

Reflexology has many restorative effects and benefits

- Improves the body's elimination system, immunity, and cleanses the body of toxins (a major cause of disease and accelerated aging)
- Reduces stress to induce deep relaxation
- Improves all body systems functionality
- Revitalizes energy (more physical energy)
- Stimulates creativity, motivation and productivity (a valuable resource to use in the workplace)
- Improved mental clarity and ability to cope better
- Calms the nervous system to promote deeper and more refreshed sleep
- Improves blood and nerve supply to the muscles; relaxes muscle spasms and tensions
- Preventative health care tool (a wellness maintenance for optimum health)
- Slows down the aging process (improves all body systems functioning)



Elisa Lanau

DIP REFLEXOLOGY, MRNZ, NZCHO, ENERGY HEALER, CERT ED, TUTOR
clinical Reflexologist intuitive

Come and experience Elisa's legendary treatments which have been acclaimed by local and international clientele for over 15 years.

NOW in Sumner

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