



I am a qualified Reflexologist specialising in Reflexology on the face and feet, also bespoke Indian head massage. These are gentle but powerful treatments which can affect the whole body physically, mentally and emotionally. I firmly believe touch therapies will help, whether you are tired, stressed, overwhelmed or simply want to improve/maintain your well-being.

With our busy lifestyles we tend to forget or ignore our health until we have presenting symptoms such as pain, fatigue or anxiety.

In the current climate it is even more important to keep our minds and bodies at their healthiest. If you are looking for a natural solution, please contact me to discuss the right treatment for you.

My aim is to ensure you feel relaxed, supported and informed during your sessions, so you can make the most of your treatment afterwards.

Your wellbeing begins with you...let's begin

Sally x

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 @SallyTouchTherapy




Reflexology for the Face & Feet

The ultimate in relaxation

Helping you improve and maintain
your wellbeing

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WHAT IS REFLEXOLOGY?

Reflexology is a non-invasive health therapy that is effective in promoting deep relaxation and all round wellbeing. Application of appropriate pressure to reflex points can affect an associated organ in the body. Reflexology is a great stress reducer, which is one of today's major contributors to most diseases and disorders. It works on all of the body's systems, rather than the presenting symptoms.

REFLEXOLOGY FOR THE FACE



The Ultimate
in relaxation!



It is not recommended to have Zone Face Lift within 3 weeks of botox or fillers as the treatment can reduce their affects.

Facial reflexology is not a standard facial, it has all the benefits of foot reflexology but also helps relax tense muscles in the face which can help the face look softer.

Zone Face Lift assists with lymphatic drainage and elastin production.

Massage techniques and specialised tools help to sculpt and plump facial muscles also to trim the jawline and reduce fine lines.

Zone Face Lift Designed to work from the inside out

Sinus Facial

Using massage, to help relieve sinus tension headaches

30 Minutes £50

TREATMENTS

Zone Face Lift

A natural treatment combining Facial Reflexology, Japanese massage techniques and crystals to lift, sculpt the face, neck and jawline

You will look and feel great

60 Minutes £85

Facial Reflexology

Working with reflex points on the face to balance the body's energy

Facial Reflexology can achieve results almost instantly

A gentle, yet powerful and relaxing treatment

50 Minutes £65

Foot Reflexology

Stimulating pressure points on the foot can help restore balance within the body, therefore promoting physical and mental well-being

50 Minutes £50

Indian Head Massage

Seated, you will enjoy an upper back, shoulder, neck and head massage. Using a small amount of light oil enables this relaxing treatment to be performed any time during the day.

45 Minutes £50

Reiki Chakra Balance

Performed lying down, fully clothed. A gentle touch of hands channels energy through the chakras to re-balance the body

30 Minutes £35

Children / Teenagers

Reflexology for anxiety/panic attacks and other stress related symptoms

30 Minutes £35