



'It's so much more than a foot rub'

With close to 7,000 nerves ending in the feet, when pressure is applied by a qualified Reflexology practitioner to specific reflex points on the feet, it facilitates a physiological response in the body, and has the ability to stimulate the nervous system altering the way you feel pain.

Reflexology has a primary role in simply allowing you to relax and de-stress and can assist in breaking the 'Pain, stress, pain' cycle. It also has a role in clearing the neuro pathways, allowing neuro signals to flow quickly and unimpeded to organs, glands and cells such as tissues and muscles. It can improve circulation, thus detoxifying the body through the Lymphatic system also relieving pain. This process assists the body's natural ability to heal and function effectively achieving homeostasis (balance)

Reflexology can help to ease physical and physiological symptoms of anxiety.

calm .. connect .. balance



Lisa Galloway IIR MAR NNEB
Baby & Toddler Reflexology
Baby & Toddler 'Reflex' workshops
children & teen treatments
parents & carers full Reflexology treatments

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Chronic pain can affect the immune system, sleep, and behaviour patterns, and often co -exists alongside depression. Reflexology has a 'holistic approach' A reduction in stress, discomfort and pain is felt alongside a deep sense of relaxation and wellbeing. What have you got to lose?.....

This is just one of many therapies available for people in pain and we will be exploring more in time and inviting therapists in to give presentations.

CPSG next meeting is on Thursday 18th November at 2pm. Party time! Speakers for 2022 are now being secured and cover a varied range of topics/disciplines.

Positively Crafty next session is on Thursday 4th November at 1.30pm and we will be having a tutor session on making a wreath (refreshments included) The flowerpot card was achieved in the October session.

For details call 07724 187774 or email info@chronicpainsupportgroup.co.uk

Visit www.chronicpainsupportgroup.co.uk

