

www.aberystwythreflexology.co.uk

Aberystwyth Reflexology & Foot Health (including nails)



LEARN TO CARE FOR FEET

ESPECIALLY GREAT FOR CARE GIVERS

Gain understanding to why it is important to read our feet and how to many ways to look after our feet to prevent ill health. Bring your questions for a whole

I am a Foot Health Practitioner, fully insured for people with or without diabetes-blood thinners. I trim, file, burr, rasp & treat foot complaints and orthosis. A Reflexologist over 20 years, treatments can include a massage/effleurage hydration that is specific to you. for face, hands, feet & lower legs with rehydrating cream. Advice and treatment for fungal nails, corn and callus.

A library of techniques to offer. Gain confidence to treat yourself & loved ones. Everyone receives short but effective Reflexology treatment from me. Guaranteed to teach you, feet thrive from attention. 6 spaces available, time and day depend on the group.

Self help ear, face, hands & face Reflexology techniques!



Empower; read & treat your/ partner/s feet & nails



Effective ways to calm/ invigorate, encourage healing



Refreshments



Morwenna grey

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M. 07948247146

I need to know your availability & needs