



REFLEXOLOGY

Waves of Relaxation

FOR EVERY BODY

Frequently Asked Questions:

Where will the treatments take place?

I have a treatment room at [The Haslemere Clinic](#), Haddon House, Hindhead Road, Haslemere GU27 1LH. I also have some availability for mobile therapy for anyone who is unable to travel.

What should I wear?

You don't need to remove any items of clothing for face reflexology, for foot reflexology you will need to remove your shoes and socks. Please wear something comfortable that you can relax in, and ideally roll/push up to your knees, as some of the treatment can include the calf muscles.

How long does the therapy take?

Feet, spinal and face reflexology therapy takes 1 hour, which includes an initial update on any medical conditions and the chance to share my findings at the end of the session. As reflexology is a holistic therapy, I will ask you to complete a short medical and lifestyle questionnaire that I will email to you to complete and email back to me or bring with you to your first treatment.

Does reflexology hurt or will it tickle?

Most people experience reflexology as relaxing and gentle, powerfully healing and gain a **sense of overall well-being**. During the medical consultation prior to treatment, any potential reflexes that might be out of balance due to an existing or past condition will be identified and the pressure adjusted to avoid any pain. The pressure is firm but gentle so usually the therapy is not tickly!

How will I feel after the treatment?

Most people are more relaxed and have a feeling of wellbeing after reflexology. Occasionally people might feel more thirsty or more tired than usual and will sleep deeper that night. Some people are more energised. I recommend you drink more water after the therapy to support your body and gain the most from the treatment.

How often should I have reflexology?

If you want reflexology for relaxation and general wellbeing, then **once or twice a month** is perfect. If you would like to address a specific condition then depending on the condition,

having weekly or fortnightly treatments until you notice an improvement in symptoms is advisable.

What do I do if I need to cancel/reschedule my session?

Please let me know by What's App message or give me a call if you are unable to attend your session so that we can reschedule. Cancellations within 24 hours will be chargeable.