

The Reflexology Room

January / February Newsletter

Happy New Year to you all. With a New Year I like to try new experiences. I hope you do too. That's why I'm offering \$10 off any service (excluding the promotion) you have never received from me before for the months of January/February.

That simply means if you've never received a Japanese Cosmolift before you can receive \$10 off. There are no limits to how many new services you can try.

Here is a list of the services you may like to try.

- Foot Reflexology
- Facial Reflexology
- Japanese Cosmolift Facial Massage
- Facial
- Shirodhara
- Aryvedic Head Massage
- Aromatouch Body Treatment

REFLEXOLOGY

January and February Special

For the months of January and February you can get a 75 minute Reflexology Treatment focusing on the neck area for only \$90.

This will include specialised acupressure points for the neck and shoulders followed by a neck massage with specific oils before moving onto the feet to complete the treatment.



**SPECIAL OFFER
75MIN TREATMENT**

\$90

**CALL NOW
0439 390 290**

To make a booking with Katrina please visit www.access2health.com.au

Let's talk about shoes....

One of the reasons our feet get sore and our bodies for that matter is what we put on our feet. Elevated, pointy, thongs and backless shoes will all put unnecessary stress on your feet and body.

5 Tips for Great Footwear

No Elevation - elevation throws our body out of alignment.



Ensure there is a decent amount of room for your toes to move

Make sure the soles are flexible so your foot moves while you walk.



A back or a strap to hold the shoe onto the foot so our foot doesn't have to hold onto the shoe.

The upper fabric should be flexible or have well placed straps for support that enables movement.



"Your footwear can absolutely affect the performance of your body"

Katy Bowman

doTerra Oil - Elevation

The New Year brings hope to many of us, the excitement of new, exciting opportunities but to some this time of year can be daunting. To help you on your way I would suggest the essential oil blend of Elevation.



This joyful blend helps in times of anxiety, depression, lack of energy, grief or sadness. Use it topically over your heart, neck, temples or wrists. You can diffuse it or mix with a carrier oil for a full body massage, put it in the bath water, washing machine or clothes dryer.



Use of this oil can enhance feelings of self love, confidence, joy and peace, all feel good emotions.

Click [here](#) to purchase from my online store.

Cancellation Policy

REMINDER: You will notice that when you receive your appointment reminder a cancellation fee is charged if less than 24 hours notice is given. I understand situations arise, giving you reason to cancel, but the reality is every cancellation affects my income in a major way. Every attempt will be made to fill your appointment and if this is possible the fee will be waived. This is why I have been sending regular emails with availability spots. The more notice you can provide, the better.

“I did not have 3000 pairs of shoes I had 1060.” Imelda Marcos

Till next time...

Katrina



Hours - Kenmore Clinic
Monday 9am to 5pm
Wednesday 9am to 6pm
Friday 9am to 5pm
Saturday by Appointment
If you require a time outside these hours please contact me direct on 0439 390 290