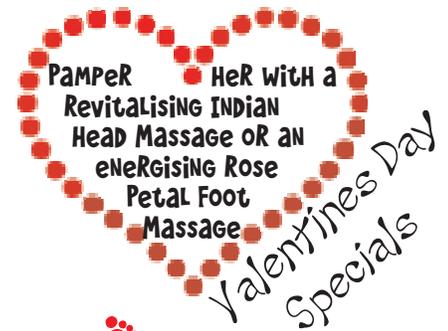




DEVORAH KUR

Registered Therapeutic Reflexologist
Reg # A10449-TR
Indian Head Massage and Reiki Practitioner



Welcome To Newsletter #1

I will be giving you tips, inspiration and informing you about my specials for the month to come. Hopefully we are all back to reality now after a replenishing, relaxing break. This doesn't have to be something we look forward to once a year. It is very important to maintain our health and our vitality.

Read on about what reflexology can do for you...

What Is Reflexology?

Reflexology is based in the principle that the body is able to heal itself. It aims to bring about a balance of the nine body systems such that they are synchronised and act in harmony, resulting in a feeling of wellbeing and vitality. Some benefits of reflexology are:

- Positive changes in body's physiology
- Stimulates the immune system and healing potential
- Reduces stress
- Calms and soothes
- Increases relaxation of mind and body
- Encourages elimination
- Assists restoration of homeostasis which is the normalisation of bodily function

My goal through reflexology is to bring about normal body function and promote a feeling of well-being while encouraging the body to perform at its optimum.



This Month's Tip

Why not to wear badly fitting shoes.

Do you experience stabbing and sometimes burning pain radiating from the ball of your foot, with tingling between the 3rd and 4th toes?

Morton's neuroma occurs when the metatarsel bones in your feet are crushed together. This is often from badly-fitting shoes. The nerve between the 3rd and 4th toes is pinched between the bones and starts to thicken, becoming painful if more pressure is applied.



Advised treatment: Reflexology can open up the metatarsel bones to relieve and improve the condition. Cortisone and alcohol injections may also reduce the swelling around the nerve. In advanced cases, you may need surgery.

Some Inspiration Louise Hay says, "The thoughts you choose to think and believe right now are creating your future. These thoughts form your experiences tomorrow, next week and next year"

This Month's Specials

- 10% discount for 3 treatments paid in advance
- 15% discount for 5 treatments paid in advance
- Pay for 7 treatments and receive a FREE Indian Head Massage.
- 10% discount for Valentines Bookings

Looking Forward To Hearing From You
Devorah 082-4518833