



Healing Reflexology **by Heather Coombs**

Head to Toe Healing



Let your feet do the talking!

Heather Coombs has taken the healing art of reflexology to a new level, combining her psychology background with advanced reflexology training to promote wellness, not only physically, but also mentally and emotionally.

In her 15 years of private practice, she has become aware of how negative emotions transform into physical imbalances in the body – imbalances that, with experience, can be detected through the pressure points on the feet. Using her extensive knowledge of reflexology techniques, and by the correct application of gentle pressure on particular points, clients often experience a release of negative emotional and mental stress, while benefiting from the release of physical blockages and imbalances that traditional reflexology addresses. With her psychology background, Heather is able to help her clients move through any release they may experience in a positive way.

This treatment can boost the immune system, help release blockages and congestion, correct imbalances in the body, and improve lymph and blood circulation, enabling the body to eliminate toxins. In addition, the deep relaxation experienced during a session can restore balance to body, mind and emotions, enhancing the body's natural ability to heal, improving resistance to illness and increasing energy levels.

Heather has a private practice in London, with corporate clients as well as an international client base, and regularly practices in hospitals, particularly with cancer patients.