



## **Healing Reflexology** **by Heather Coombs**



**Recently voted one of the top 10 therapists in the world by the Daily Telegraph  
(10<sup>th</sup> April 2010)**

Heather 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 understands that negative emotions can transform into physical imbalances in the body – imbalances that she can detect through pressure points on the feet. Using the correct application of gentle pressure on precise points, you will experience a release of both negative emotional stress and physical blockages and imbalances.

Reflexology can help you:

- Boost the immune system, improve lymph and blood circulation, thus enabling the body to eliminate toxins
- Release sinusitis, headaches and migraine
- Alleviate back pain and arthritis
- Help with sleep disorders, anxiety and stress related conditions, hormone imbalances
- Digestive conditions and liver problems

The deep relaxation experienced during a session can restore balance to body, mind and emotions, enhancing your natural ability to heal, improving resistance to illness and increasing energy levels.

Heather has a private practice in London including an international client base. She regularly practises in hospitals, particularly with cancer patients who benefit greatly from the therapy.