

Complementary Therapies:
Reflexology / Indian Head Massage
For the 50 Plus

3rd Friday of each Month starting 20th October 2017
At the Wheatsheaf Hall, Main Avenue, Bush Hill Park, EN1 1DS

Half an hour therapy will cost £13.50 for each session

Sessions from 9.30am to 3pm

To book phone Chetna Shah on 0208 443 1197

Booking times are:

Session 1: 9.40am to 10.10am

Session 2: 10.15am to 10.45am

Session 3: 10.50am to 11.20am

Session 4: 11.25am to 11.55am

Session 5: 12.00noon to 12.30pm

Session 6: 12.35pm to 1.05pm

Session 7: 1.10pm to 1.40pm

Session 8: 1.45pm to 2.15pm

Session 9: 2.20pm to 2.50pm

Dates are: 20/10/17, 17/11/17, 15/12/17, 19/01/18, 16/02/18, 16/03/18, 20/04/18, 18/05/18, 15/06/18, 20/07/18, 17/08/18, Closed in September 2018, 19/10/18, and 16/11/18

At the first session, the therapist will conduct a review of your medical conditions, to check for contra-indications. This will be within the half hour, and ensure correct medical information is held for future bookings.

Please arrive early and wait in the hall for your session. If you are late, you will still be charged for the full pre-booked session.

To cancel your appointment, please advise Chetna Shah 24 hours in advance, or you will have to pay the full cost of £13.50

ENFIELD ASIAN WELFARE ASSOCIATION

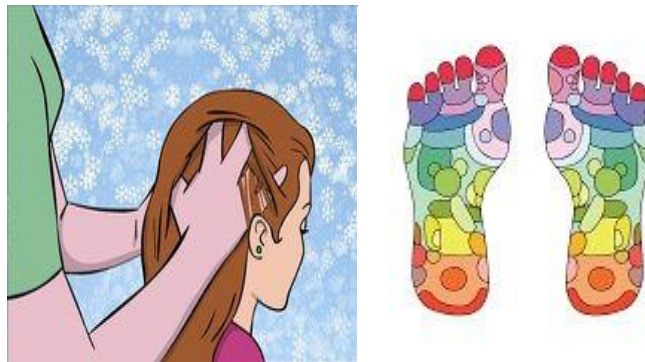
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Reflexology is the application of appropriate pressure to specific points and areas on the feet. Reflexologists believe that these reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the person's health. Although reflexology is not used to diagnose or cure health disorders, millions of people around the world use it to complement other treatments. It can boost a sluggish circulation and is useful for treating stress, anxiety, back pain, migraine, poor digestion, irritable bowel syndrome (IBS), respiratory problems, asthma, headache, bladder problems etc.

Indian Head Massage: Helps improve circulation and helps to remove waste, particularly lactic acid, from muscles therefore relieving tension headaches, eye strain and muscle aches in the neck and shoulders. It also relieves Tinnitus and other ear problems. Neck and shoulder stiffness which is usually a result of stress is reduced and a sense of well-being restored which promotes restful sleep. Indian Head Massage can help to eliminate Insomnia, reduce the effects of mental tiredness, anxiety, stress and tension in the scalp. Sinusitis and congestion are greatly reduced by the effects of Indian Head Massage as it helps to drain away excess fluid.



Please call to make a booking if you want to experience these therapies.

Please call Chetna Shah on 0208 443 1197,
quoting which session, you want.

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