

Reflexology

Please don't mistake traditional reflexology for a fatty foot massage. Authentic reflexology is traditionally demonstrated in China by using special tools such as sticks. We have Westernised this treatment to make it less painful however, it is still deceptively deep. It is a powerful treatment for the feet to nourish all systems of the body. If you have never experienced reflexology then I cannot recommend this treatment enough.



Jara

Nurturing Mind & Body