



Reflexology started as a hobby practicing on family and friends and soon became a passion. With over 10 years experience in Reflexology, it has become more than a hobby and I am now excited to share my expertise with the community. Through further professional development and training in Reiki level 1 & 2, along with Maternity Reflexology, I very much believe in the impact of energy and the importance of balance. I want to be able to help people unwind and relax through a modality that allows the body to become centered and grounded through this ancient practice. The body will, in turn, respond and be provided with the opportunity to nurture itself, which I believe is something we all need with such busy lives.

A strong believer that the feet are a reflection of what your body is trying to express, the body itself is intuitive, and sometimes we forget to listen. Reflexology provides an avenue for release of energies and a chance to ground and listen to your inner connectedness.

“Reflexology is a science that deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas” (ref: ASRR).

Reflexology helps release energy from your body and system, unblocks and balances. *“Your feet hold and release your energy at the rate of your thoughts and actions towards your intention” (ref. Maree Eddings.com).* It’s about finding the right fit of therapy that you and your body respond well to, and then giving yourself permission to embrace this and balance yourself in order to be the best YOU!

My intention is to provide my clients the opportunity to experience deep relaxation through the gentle hands on technique. This therapy allows the body and mind time to be still, just by stopping and letting the body and soul simply receive. That, in itself, has amazing therapeutic benefits, other main benefits include;

- Relieves stress and tension
- Improves nerve and blood supply
- Helps nature to normalise

So if you are looking for a bit of relaxation and quiet time that is beneficial to you then why not try some Reflexology.

Appointments

To book or make enquiry please contact Lisa McBain

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