

About Fiona

Fiona has been a qualified reflexologist since 2000 and is a professional member of Reflexology NZ and has served on council for 7 years. and has a Diploma in reflexology Fiona also has a keen interest in natural therapies and has completed a Diploma Herbal Studies

Testimonials

"Fiona made me feel comfortable.
Lovely gentle treatment with confidence"

"Incredibly relaxing very gentle"

"Very relaxing and released tension
All good and very soothing"

***"When the feet feel good the
rest of the body feels good"***



**For INQUIRIES and appointments
contact**

Fiona Bowden

04 5653-534

027 485-7824

email dean.fiona@xtra.co.nz

Treatment cost \$70 hour
\$40 half hour

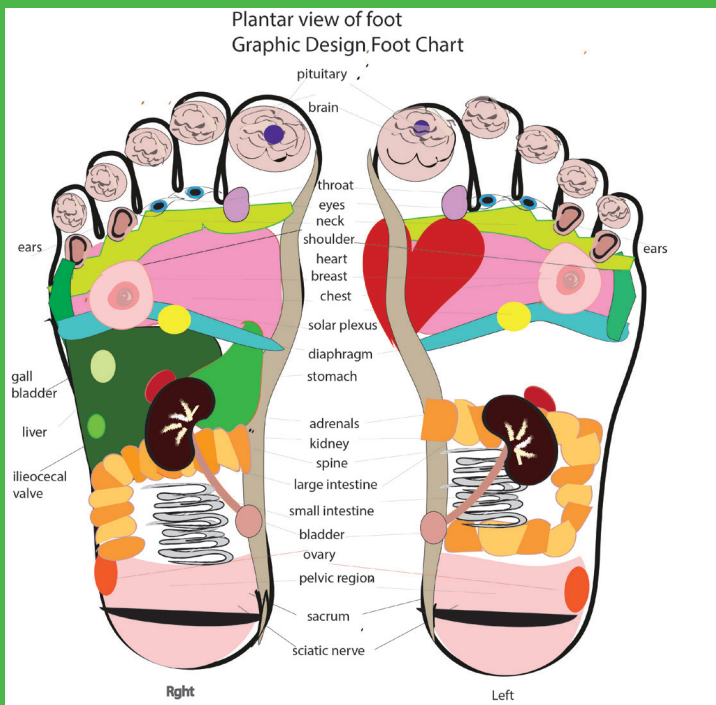
Travel extra for mobile appointments

Gift vouchers available
Something different for Birthdays,
Mothers and Fathers Days and other
special occasions.

Reflexology
Indian Head Massage
Reiki

**Fiona
Bowden**

17 years qualified



What is Reflexology?

Reflexology is an ancient natural therapy working with reflex points on the hands feet and or ears.

It is a combination of gentle massage techniques combined with specific finger and thumb pressure movements that allow the whole body to relax and destress.

It stimulates the blood flow around the body.

How Can Reflexology Benefit You?

Stress and tension amount to 75%-80% of all ills. With life's every day ups and downs combined with possible health related issues, our bodies often cry out for attention. We need to integrate some quality time into our busy lives to help heal, relax,revitalize and balance ourselves.

The healing touch of Reflexology can be used to help focus an individual so they can make lifestyle changes to improve their quality of life. It is very specific to an individuals needs and works to help balance and realign meridians and body systems, This holistic health practice aims to treat the individual incorporating physical mental emotional and spiritual.

It also works alongside current medical practices and lifestyles.

Our feet are vital to our well being and yet are often neglected. When the feet feel good, the rest of the body feels good.

Reflexology is beneficial for increasing energy levels especially during times of stress and busy lifestyles.

If you are receiving medical and clinical treatment reflexology works well alongside these therapies. It is not intended to be a medical replacement

Reflexology Offers:

- *A pleasant form of relaxation
- *Reduction of stress effects on the body
- *Improved quality of sleep
- *Improved circulation
- *Rejuvenation of the mind body and soul
- *A positive way to nurture yourself

Some Conditions Reflexology May Help:

- *Headaches, migraines
- *Grief anxiety emotional distress
- *Constipation, indigestion
- *Congestion. colds and sinusitis
- *Allergies, asthma
- *Fatigue
- *Arthritis
- *Neck Shoulder Back Leg Foot pain
- *Trauma Recovery

A Reflexology Session

A consultation and a form to be completed on your first visit.

You will need to remove shoes and socks.

You will be relaxing either on a massage table or a reflexology chair.

Your feet will be wrapped in a towel and a combination of pressure techniques will be applied finger thumb walking and rotation moves working over most areas of the foot. Powder or wax may sometimes be used to help work the points in the feet.

For maximum effect after a reflexology session it is advisable to drink more water and eat healthy nutritious foods

As a general rule 3 - 6 sessions weekly to fortnightly should help with any ongoing health concerns you may be experiencing

Indian Head Massage

Indian head massage is based on the ancient healing system called Ayurveda.

The massage is invigorating, revitalizing and an uplifting treatment working on the upper back, shoulders, scalp and face. These areas are massaged with a firm and gentle rhythmic fashion involving Marma points (acupressure points). Traditionally Ayurvedic oils are massaged into the scalp for their many therapeutic properties.

The use of oils is optional.

This particular form of massage can be used to relieve eyestrain, insomnia, migraines, stiff necks and shoulders and headaches. It also relaxes and tones the facial muscles and stimulates and nourishes the hair and scalp.

For complex conditions, a course of treatments may be advised, but once you discover the benefits of Indian Head Massage, you may decide to have Indian Head Massage on a regular basis.

Regular Indian Head Massage can result in numerous health benefits being felt by the client

REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy"