

LINDI MEIKLE REFLEXOLOGY

Reflexologist and Reiki Practitioner

News Letter—Issue 1, September 2010

Reflexology and Children



Rhys having his treatment at home.

Case Study—Success in treating Children's Migraines using Reflexology.

"My 10 year old son Rhys started to experience migraines on a weekly basis in 2008. They made him violently sick and needing to sleep. He was started on a course of anti Migraine (Pizotifen) tablets which he took daily and the migraines disappeared. A year later however, although Rhys continued to take the medication daily, they started again. He could not take any more medication and there were no more solutions that our GP could offer."



"At this time I had been having reflexology with Lindi for 6 months and had noticed that my migraines had stopped and so I asked her to try treating Rhys who was now having weekly migraines again."

He has had 7 treatments over the last 4 months and over this period has only had 2 mild migraines and been sick on one occasion."



A closer view of the treatment in progress.

"Rhys has a diagnosis of autistic spectrum disorder and as well as a reduction in the migraines, I feel that he is calmer for several days following treatments."

We would like to thank Rhys's mother for her permission for the above and Rhys for the use of the photographs in the article :-)

Rhys's mother reports continued progress and is pleased with the outcomes of the Reflexology Treatments.

Reflexology is a popular holistic treatment where the feet and hands are seen as "Maps of the Body".

Treatments have many health benefits and are excellent for maintaining a healthy immune system, releasing toxins and for making the individual feel more balanced and rested.

Contact Details

Ring Lindi on her Mobile 07854453756 / 07766762453

**Or for more detailed information on treatments
E Mail: lindireflexology@hotmail.co.uk**



• Reflexology is also used for the Treatment of

- Stress Relief
- Relaxation
- Strengthening the Immune System
- Joint Pain
- Muscle Pain
- Sports Injuries
- PMS and other Hormone Issues
- Elimination of Toxins
- Promoting Balance of the Body
- Increasing Energy

Coming Soon!

Reflexology and Maternity

Reflexology and Sports Injuries

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Member of the Association of Reflexologists

LINDI MEIKLE REFLEXOLOGY

TREATMENT PRICE LIST

Conventional Reflexology Treatment <i>(Treatments last just over one hour. Hands or feet)</i>	£30.00
Specialised Reflexology Treatment <i>(Sports, Universal Technique, Maternity, Cancer Care, hormone balancing technique, Lymphatic technique etc Treatments last between 40 minutes and hour. Treatment time and treatment needs will be discussed prior to the treatment.)</i>	£30.00
Deluxe Reflexology Treatment <i>(90 minute treatment)</i>	£40.00 Save £5.00!
Booking of six Reflexology Treatments <i>(Saving of £30.00-Full Fee to be paid in advance)</i>	£150.00
Reflexology for Children (under 16) <i>(40 minute treatment)</i>	£20.00
Second Child <i>(when two or more are treated at the same location / time)</i>	£15.00
Reflexology Gift Card <i>(Standard Price, travel expenses may be added)</i>	£30.00
Reiki Healing Treatment <i>(1 hour Treatment)</i>	£25.00
Combined Reiki and Reflexology Treatment <i>(1 hour Treatment)</i>	£30.00
Deluxe Reiki Healing and Reflexology Treatment <i>(90 Minute Treatment)</i>	£45.00
<p>Our Terms. Please read. Payment is required by cheque or cash at time of treatment. Payment for block bookings is required in full in advance. Mobile Service available, please note that travel costs are at the practitioner's discretion but will be discussed with the patient prior to booking. Cancellation Policy Please note that any treatment cancelled within twenty four hours, of the appointment will incur a cancellation charge as follows: 12-24 hours 50 % of the Treatment Price Less than 12 hours' notice- 100% of the cost of treatment.</p>	