

Reflexology

By applying pressure to specific points on the hands and feet, reflexology aids in the reduction of tension and stress, promotes relaxation, aids in the detoxification process, and helps improve circulation.



Chantel C. Lucier, NBCR, RMT, CMT

Chantel has been giving/teaching reflexology since 2007. She is a National Board Certified Reflexologist and Reiki Master. In addition to her core study in NYC, some of Chantel's continued

education includes the science-based Manzanares Method™, Nerve Reflexology with Touchpoint Denmark, and Cranio-Sacral Reflexology with Dr. Faure-Alderson. Her life's work is to empower people to take actionable steps in their healing process using self-care tools to address the cause behind one's conditions. She has been featured in articles, videos, and TV, including GOOP, NY1 Wellness Report, Organic Spa Magazine, New You, Well & Good, and HowCast. www.TheAtHomeExperience.com

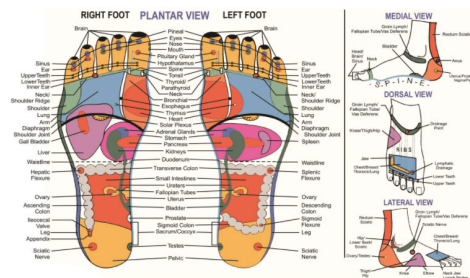
What is Reflexology & What to Expect

Reflexology is a non-invasive manual technique based on the principle that the body is reflected in a map on the feet, hands, and outer ears through reflexes found in these areas that reflect back to corresponding areas within the body. The application of pressure to reflexes, and the resultant stimulation sent via the complex nerve pathways linking body systems, produces a physiological change in the body and supports the body's natural healing process. Reflexology encourages the body towards better functioning by improving oxygenation of the cells, lymphatic drainage, and venous circulation through the relaxation process. The effectiveness of reflexology is recognized worldwide, by various national health institutions and the public at large, as a distinct complementary practice within the holistic health field.

Reflexology sessions are given in your room. If you would like to know what Chantel feels in your reflexology points, insights into the areas of tension will be shared. If you are interested, she will also teach specific reflexology points for self-care tailored for each person to take home with them. She believes reflexology is an opportunity to deepen our connection with our inner bodies and to foster vitality, growth and promote overall well-being.

Benefits of Reflexology

- Promotes Relaxation and Homeostasis
- Reduction of Tension and Stress
- Aids in the Detoxification Process
- Improves Nerve Function
- Improves Circulation
- Lowers &/or Normalizes Blood Pressure
- Lowers &/or Normalizes Blood Sugar
- Boosts Metabolism
- Improves Bowel Function
- Reduces Headaches and Migraines
- Alleviates Pain Associated with PMS
- Decreases Sinus Congestion
- Improves Sleep
- Supports Liver and Kidney Function
- Relieves Acute Abdominal Pain
- Relieves Neck, Thoracic, and Lumbar Pain
- Reduces Nausea
- Relieves IBS
- Relieves Post-Operative Pain
- Relieves Pain Associated with Cancer & Cancer Treatments



30 minute session - \$55

60 minute session - \$105

90 minute session - \$150



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