



Living Well North Tyneside

Supporting Health and Wellbeing

Reflexology is a complementary health therapy that can be used safely alongside traditional healthcare to promote better health and wellbeing. It's an effective therapy for promoting deep relaxation, wellbeing, and reducing stress, which makes it perfect for our busy lives today.

As a reflexologist I love getting to know my clients and learning more about their lives. It ensures they can get the most out of every treatment. Everyone is different, with a different health background, lifestyle, and a different way of seeing the world. This is why as a new client you'll be given more time for your first appointment to go through some health, medical and lifestyle questions. It helps me get to know you, and to help you better.

Whether it's supporting you with a specific health and wellbeing issue that's affecting your enjoyment of life in some way, or helping you to reduce stress, to feel deeply relaxed and revitalised, or whatever reason you've come for reflexology, I'll work with you to create a bespoke treatment plan just for you. I'm here to look after you and offer you personalised support, every step of the way.

I'm a fully qualified reflexologist, and a full member of the Association of Reflexologists. I'm also registered with the NHS as a reflexologist. I work from my treatment room in Forest Hall (not far from the Rising Sun Country Park) in Newcastle upon Tyne.



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Reflexology

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