



happy feet *

What customers say about reflexology and reiki treatments

Ann has a wonderfully soothing, gentle but firm technique, the end result gave me such a lift and boosted me both mentally and physically, I felt like I was walking on air - Liz T

I have been coming to Ann on and off for a couple of years now to help with longstanding arthritic problems, and I cant praise her enough. I have had both Reiki and reflexology treatments, my favourite being Reiki which never fails to relax and refresh me. Ann is very professional, this coupled with her knack of making a person feel 'very special', makes these the best treatments I have had. Thanks Ann - Alison B

I was pleasantly surprised at how relaxing the treatment was, being at first quite sceptical about this alternative therapy. I had read about reflexology as a good way of unwinding and helping in times of stress and to have your feet 'read' can be quite a revelation! Definitely a most welcome helping of the feel good factor - Lynda B

Thank you Ann for helping me to relax and for having greatly improved my ability to sleep. Reflexology is much more effective than sleeping tablets and gives a better quality of sleep - Julia L, North Yorkshire

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