

FOOT REFLEXOLOGY

Caroline, music teacher at the school, has also been a foot reflexologist for over ten years.

It was by witnessing the benefits of this practice on her own children that she decided to train herself.

Are you familiar with this type of treatment?

All your organs are mapped under your feet.

Stimulating specific points on the soles allows us to locate and release tensions, so that energy can flow freely again.

A follow-up in foot reflexology relieves pain, regulates sleep, boots blood - lymphatic - energetic circulations, strengthens the immune system, promotes toxin elimination and helps manage emotions.

Anyone of any age can benefit from foot reflexology treatments. It is a valuable ally and can effectively complement medical treatment.

The house that hosted the Baobab class has an ideal space, and Caroline will be delighted to welcome you, young and old, with attentiveness and kindness.



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