



NEWSLETTER

Issue 1 Summer 2020

Welcome to my first Newsletter which aims to keep you updated about what's happening at Casa Calma in relation to all things reflexology. I feel truly blessed that I have met so many wonderful people in the two years my clinic has been open and want to ensure that I continue to develop my practice to meet the needs of my clients. One way of doing that is to explore a specific topic in a little more detail in a newsletter and I thought I would explain the reflexology treatments I offer in a little more detail. These are Classic Reflexology, Nerve Reflexology for neck shoulder and lower back pain and Reflexology Lymph Drainage. I will also give an update on special offers, loyalty and prices. However, firstly a little update on the clinic and how it is operating now. The clinic is currently open 3 days per week, Tuesday, Wednesday and Thursday but alternative times can be arranged.

These are strange times for people because of the COVID 19 pandemic and often we can be unsure of the activities we usually feel confident about undertaking. In many ways this can limit our lifestyle and create challenges in finding 'feel good' activities, from enjoying a family gathering to taking that well earned holiday. Some people have also experienced loss, illness and/or financial hardship. I certainly feel my life has not fully returned to the way it was prior to lockdown. For instance, I am currently unable to take part in the pop-up markets where I offered taster sessions or attend the stroke association where I offered hand reflexology. However, I have been fortunate in having opportunities to enjoy online talks from a range of reflexology experts which has inspired me to explore further techniques and despite some initial anxieties, the clinic has been operating again for a few months and I am confident that I am offering a safe environment for reflexology, although currently I can only offer foot reflexology.

Your safety and comfort is paramount to me and my protocols, including cleaning, disinfection and customer safety within the clinic are prescribed by the Spanish Government through COFENAT, The Natural Therapies Association, Spain.

COVID 19 clinic regulations in relation to my clinic

- 1 The clinic and all other areas clients attend is cleaned and disinfected before and after each client with products stipulated by the Spanish Government. That is all surfaces and the floor is cleaned twice per day.
- 2 After each clean, the areas must be aired for at least 20 minutes, therefore, the space between clients needs to be 30 minutes.
- 3 Hand sanitizer is used on entry to the treatment room.
- 4 I have a cough screen for use during treatments and I wear a mask at all times.
- 5 I have removed all superfluous items from the treatment room.
- 6 At this time I am unable to use my waiting room.
- 7 There is now the option of paying through paypal.
- 8 The toilet remains available and is cleaned after each use.



TREATMENTS ON OFFER

Reflexology seeks to relax the body and improve blood flow, nerve impulses and bioelectrical energy which then enables the body to clear blockages, rebalance and achieve homeostasis. It is based on the idea that feet, hands, face and ears all contain a map of the organs and structures of the body. Manipulation of one area can bring about change in a specific organ and/or structure of the body. It is safe and good for all conditions with very few contraindications.

Classic reflexology – is a foot massage technique which aims to relax and then stimulate the body to heal and rebalance. It is a safe and an effective treatment for emotional, physical and spiritual health. This technique focuses on zone or meridian impulses, the idea is that the body is divided into zones and manipulation within these zones results in communication with the brain in relation to certain organs or structures of the body. It is a safe and effective treatment for most conditions and usually features in every treatment.

Vertical Reflex Therapy (VRT) - This is a method of weight bearing reflexology and is briefly applied to the hands or feet for a specific issue, it is precise and can be targeted for all systems and structures of the body. It can be used to target a specific issue, e.g. pain, or generally to enhance the beneficial effects of a treatment. I have found this form of reflexology to bring about immediate benefits with clients being amazed at the results.

VRT is used from cradle to grave, from chronic conditions to sports injuries and offers quick and effective ways to bring about improvements.

Nerve reflexology – works on the principle that nerves conduct impulses throughout the body with foot nerves communicating with those in the spine which then travel to the brain. Pressure on a tender nerve on the foot communicates with the brain to bring about change (pain relief). Nerve reflexology can be beneficial for skeletal pain.

Reflexology Lymph Drainage (RLD)- Works on the principle that the key functions of the lymphatic system are to defend the body against disease and to collect excess tissue fluids. Reflexology work on the lymphatic system rids the body of toxins, debris and other unneeded products. Specifically,

RLD has been shown to reduce secondary lymphedema because of lymph node removal in breast cancer treatment. It is also beneficial for auto-immune system diseases such as fibromyalgia, arthritis, digestive disorders migraine and arthritis.

All the above treatments are gentle and effective and we already know that they feel awesome to receive. If you have any further questions about any of the above please contact me without obligation and I am happy to explain.

PRICING

20 euros per treatment and every 6th treatment is free. –

Notice of price increase 22 euros per treatment from 1 January 2021.

Recommend a friend and enjoy 10% reduction off your next treatment after your friend's 1st treatment.

Leave a positive review for 10% reduction off your next treatment.

Don't forget to like Casa Calma- Kathryn Cashley on FB for further offers or information or on www.casacalmareflexology.com for updates.ph 688705544 /07801543219.

There are also a range of self help links to YouTube on FB,

.....AND ONE MORE THING....

THANK YOU FOR YOUR CONTINUED CUSTOM.