

REFLEXOLOGY

Reflexology is a complementary therapy based on the theory that different points and areas on the feet, lower leg and hands correspond with other areas of the body. Gentle pressure is applied to these points by the therapist. Painful areas of your body can be treated through your feet rather than touching the painful site.

The main use of Reflexology at the North London Hospice is to aid relaxation, improve mood, release tension, enhance sleep and generally improve your wellbeing, helping you to cope better with the stresses that life can bring.

Reflexology can be used alongside medical or other complementary treatments but unfortunately it is not suitable for those with phlebitis or deep vein thrombosis (DVT) of the arms and legs.

Reflexology practitioners are not trained to make any diagnosis and will not predict any specific outcome from the treatment.

It is offered free of charge to North London Hospice patients, their relatives and carers.

NORTH·LONDON
H O S P I C E

**Serving the Boroughs of Barnet,
Enfield and Haringey**

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