

NEWSLETTER

VFLEXOLOGY - REFLEXOLOGY FOR HEALTH AND WELLBEING

Hi, I'm Valerie and I would like to welcome you to my second newsletter. It's Summer and a wonderful opportunity to get outside into the fresh air, get your daily dose of Vitamin D and some exercise. Just 30 minutes of walking daily helps to relieve stress and anxiety and improves your wellbeing. Take time to notice the flowers, their colour, scent and form. If you're off on your holidays, then I hope you have a lovely time.



FIRST

MINDFUL DAILY HABITS

Simple acts can help to reduce stress and anxiety and improve your mental health. It's so easy to get caught up in the daily grind so practicing these easy steps daily should help reduce stress and ground you in the present moment. Start with just 10 minutes a day...

THEN

A NEW TREATMENT

Thermal auricular therapy is a relaxing and soothing treatment incorporating tailored foot reflexology, ear candling and facial reflexology. This treatment may help with the symptoms of hay fever, which can be debilitating at this time of year.

AND FINALLY

FUN FACTS ABOUT YOUR FEET

What attracted you to the colour of nail polish that you're wearing? Foot reading experts say that the colour you choose reveals what you want in your life! They may symbolise personal moods and traits as well as social trends rather than fixed moods.

Mindful Breathing - try box breathing - breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds and hold empty for 4 seconds.

Body Scan - check in with how your physical body feels from your head down to your toes with no judgement.

Sensory check-in - whether walking or simply carrying out daily tasks, take a minute to notice things you can see, hear or touch.

Gratitude List - before you go to sleep, write down three specific, positive things that you have experienced that day.

Mindful Eating - slow down and chew your food well, remove distractions and engage your senses; pay attention to the colours, flavours and textures.

Put your phone down - taking a break from news and social media lowers anxiety and calms the mind. Pay attention to the present moment.

Thermal Auricular Therapy

A wonderfully soothing treatment ideal for targeting ear, nose and throat conditions. Enjoy 90 minutes of relaxing foot reflexology, ear candling (Biosun) and a holistic facial zone therapy.

Some of the conditions that Thermal Auricular Therapy has anecdotally helped are:

- Headaches and migraines
- Sinus problems
- Hay fever and rhinitis
- Colds and sore throats
- Snoring
- Tinnitus
- Stress



BLISS BALLS

- 1 cup of pitted medjool dates
- 1 cup of almonds
- 1/3 cup of melted coconut oil
- 2 tbsp cacao powder
- 1/2 cup shredded coconut
- 1 tbsp chai seeds

Soften the dates by soaking in warm water for 15 minutes.

Add almonds, shredded coconut, cacao, coconut oil and chai seeds to a food processor blend.

Add dates and process.

Roll mixture into bite size balls.

Fancy a sweet treat but want to avoid processed chocolate bars? These bliss balls are quick and easy to make, they're naturally sweet and contain plenty of healthy fats, fibre and protein.



Does the colour of nail polish reveal what you want in your life?

- Orange** - joy, you wish to attract more fun
- Yellow** - to attract more cheerfulness or to concentrate
- Green** - to attract more peace and harmony
- Magenta** - to attract more compassion and nurturing
- Red** - ambitious, you want more energy
- Pink** - to attract more love and attention to your life
- Violet** - to attract dignity or be respected for who you are
- Indigo** - you want more perception or intuition
- Blue** - to attract peacefulness, patience or honesty
- Turquoise** - to attract more freedom and independence
- Silver** - you are going through a period of reflection
- Gold** - to attract clear communication and positive action to meet new challenges
- Brown** - to attract feeling of comfort and security
- Black** - to ward off negativity, to attract an air of mystery or to attract more self-discipline/control

www.footreading.com

IN THE NEXT ISSUE, THERE'S A DELICIOUS RECIPE FOR GLUTEN-FREE LEMON CAKE AND NEWS ABOUT THE RLD (REFLEXOLOGY FOR LYMPHATIC DRAINAGE) COURSE I'M TAKING IN OCTOBER. UNTIL NEXT TIME, BYE!