

TREAT YOUR FEET - AT COMPLETE SERENITY

Recent research by the Ordnance Survey concluded that the average person walks about 75,000 miles over an average lifetime - the equivalent of walking around the world three times. Three times round the world! That seems incredible, although it actually only equates to about 7,000 steps a day - quite a bit less than the 10,000 steps that seems to have been set as some yardstick for health. Even so, that's a lot of shoe leather, quite some burden on the knees - and gives some serious stick to your feet. Feet of course are amazing - complex mechanical structures of 33 joints, 26 bones, and more than a hundred muscles, tendons, and ligaments that all work together to, well basically, keep us upright and allow us to get around. Such an important part of our daily life that we all assiduously look after our feet, don't we? OK, perhaps we don't - after all, who wants someone fiddling with our feet? But maybe we should - because where many people think there might be pain there is, in reality, great pleasure.

I recently had a wonderful reflexology session with Karine Prescott, a local lady with years of experience, a member of the Association of Reflexologists, and someone who turns footcare into a relaxing, warm, comforting and positive experience. And in a world where we are all becoming more aware and familiar with the concepts of wellbeing and holistic care, reflexology can play a key role in their pursuit and achievement. It is based on the theory that different points on the feet (and hands, face and ears) correspond with different parts of the body. Using thumbs, fingers and knuckles to apply pressure to these reflex points the reflexologists can bring about a feeling of deep relaxation, release tension, promote better sleep, improve your mood and create an overall sense of physical and emotional wellbeing. So while it isn't an alternative to seeking medical advice on any issue, it can contribute towards better health - and in Karine's hands is a thoroughly enjoyable experience.

The whole session was an absolute pleasure - reclining in a luxurious treatment chair in a warm studio for an hour of quality "self-care". You don't even need to undress - apart from taking your socks off - so it is a great experience for anyone who isn't so keen on

unwrapping themselves. The treatment, one foot at a time, consisted of a gentle cleanse of the feet and toes, a warming pre-massage, the reflexology process which was, to my surprise, incredibly relaxing and not remotely ticklish, a further wind-down massage and then the application of a moisturising cream to round off the whole relaxing experience. With soothing music and warm blankets too, to go with the gentle touch, the whole experience was terrific. I left feeling relaxed of mind and light of foot, as if I were wearing the most luxurious and soft slippers - which is saying something by someone whose slippers are the most important item of their day and evening wear.

Why not give Karine a call and book yourself in for a session? - and show your feet the love they undoubtedly deserve. You'll get a warm welcome, a fabulous treat and leave knowing that your feet are ready and looking forward to those next 10,000 steps.

Gift Vouchers now available - why not treat a loved one, or yourself, this Christmas!?



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Reflexology

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