



R J Parker Sports & Remedial Therapy

Aromareflex & Aftercare



Aromareflex is the beautiful combination of Aromatherapy and Reflexology.

Aromareflex combines the power of essential oils and Reflexology together you will receive a full reflexology treatment and to enhance the benefit of the treatment you will have a blend of oils chosen for just for you. It an extremely relaxing and nurturing experience.

Aromareflex uses a carefully selected range of oils that are safe to use but also extremely beneficial. You will have your blend applied throughout your treatment. This treatment is longer than a regular reflexology session as it also incorporates advanced massage techniques. You will be given your blend pot to take home so that you can maximise the benefits of your session.

During a Aromareflex treatment process, I will ask that you sit reclined on a therapy bed, there you will have pillow to help you feel as comfortable as possible, (pillows will also be placed under the knees and a small pillow under the ankles for ease of access to the feet), I will also ask whether you would like heated blanket

Unlike other complementary physical therapies (such as massage), you are required to stay fully clothed. I will need access to the lower leg a foot, so appropriate clothing to allow this is advisable.

I apply your personal and carefully selected blend made of all natural and have no nasty chemicals, preservatives, and can contain essential oils. If I am using balms with essential oils that are suitable for yourself, and with your consent-I advised that you bring socks to wear after to allow the best potential penetration of these miraculous essential oils and carrier oil.

If you are at all concerned about your treatment and blend, please don't hesitate to contact me.



It's advised that you leave your blend on your feet for at least 8hrs before washing- to gain the most from your chosen essential oils.

Common reaction to treatment includes:

- **Matricuration (increased urination)**
- **Changes to bowl habits (usually increased)**
- **Headaches**
- **Changes to appetite**
- **Tiredness**
- **Bringing forth any cold-like symptoms**
- **Changes of sleep**
- **Increased emotions**

*If any symptoms are experienced - it's easy to call them negative. However this is called a '**healing crisis**' and is a POSITIVE reaction to the treatment.*

HYDRATION IS KEY!

In the next 24hrs to achieve the best from your treatment the key is to **HYDRATE!**

Any reactions you may experience as part of the body beginning to heal itself often involves a detoxification. In order to not experience this detox negatively is

HYDRATION.

