

MORE INFORMATION

What is reflexology?

The body systems are mirrored in the smaller areas of the hands, feet, ears, and face. Pressure points on the feet and hands correspond to organs and tissues that standard massage techniques cannot reach.

Applying a noninvasive technique, using the fingertips, energy (Qi in Chinese) is sent flowing through the body until it reaches the area in need of healing.

FootreflexPlus™ treatments, are a combination of reflex zones, meridians and acupuncture points.

ABOUT ME

I was first introduced to foot reflexology while living in Beijing. I was pleasantly surprised by the positive effect of the foot massage. Regular foot massages noticeably improved my health.

A few years ago, I decided to train as a foot reflexologist myself to share the benefits with others. I have completed all the necessary training courses: Basic Medical Knowledge and Foot Reflexology Therapist, both at university level.

By following a separate facial reflex masseur course, I also offer facial reflex massages.

I would like to introduce you to foot and/or face reflexology.

Helena



PRICELIST

Foot massage reflexology	90 min.	80 €
Foot massage reflexology	60 min.	60 €
Facial massage reflexology	90 min.	80 €
Facial massage reflexology	60 min.	60 €

To start your personal healing,
call me to make an appointment.

☎ 0172 2030190

A suitable
treatment
fits every
question.



Helena Gruter
foot reflexology therapist
facial massages



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foot reflexology
& facial reflex massages



*Serving your health,
together we help you feel good
and look great.*

FOOT OR FACIAL REFLEXOLOGY TREATMENT?

Foot reflexology is a powerful treatment and many of my clients report feeling sensations in their body, as well as positive shifts in how they feel mentally and emotionally.

On the face, you may feel the stress you've been holding in your forehead release.

In addition to the feet, I also treat the lower legs, and frequently, and depending on the nature of the complaint or wish of the client often the face, hands, and arms.

This means that treatments are completely tailored to your needs and what your body communicates.

Together we also look at what you can actively do yourself. Furthermore, I use essential oils in all treatments.

*Together
we look
for the oil(s)
that suits
you best.*



On the Face, I work with organic products from Yu-elements, which are tuned to the 5 elements according to Chinese Traditional Medicine (TCM): Wood, Fire, Earth, Metal and Water.



FOOT REFLEXOLOGY



Foot reflexology by for example:

- Allergies • Chronic pain of any kind (backpain, headache, joint pain etc.) • Chronic stress, burn-out • Depressive mood • Fatigue
- Grieve • hormonal imbalance • Sport injuries

For physical problems I also use techniques from sports reflexology. A fast and effective way to remove waste products from tissues, e.g. stiff or sore muscles, treat muscle tears or joint injuries and thus promote recovery.

Foot reflexology treatment, you may feel like knots are being worked out on the soles of your feet. It's a great treatment as it feels wonderful on the feet, ankles and calves.

Through foot reflexology, body and mind come to rest and better connect with each other. At the same time, the self-healing ability of the body is stimulated.

Treatment starts with a full initial assessment. Followed by a course of 5 to 6 treatments. The first treatment includes a full initial assessment, followed by, a foot bath and a foot reflex massage and lasts around 90 minutes.

Follow-up treatment lasts 60 minutes.

FACIAL MASSAGE REFLEXOLOGY



The aim of **facial reflex massages** is to provide optimal and visible results, along with inner and outer balance. It also helps with specific facial and neck conditions:

- Headaches, migraines • Insomnia
- Jaw tension • Sinusitis • Stress
- Teeth grinding

It has the unique benefits of releasing stress held in the face, relaxing the facial muscles and giving your complexion a lovely glow. Some people find facial reflexology relaxing and it can feel meditative.

Face reflex massage renews, cleans and deters wrinkles, leaving skin looking radiant and feeling great. Cleansing, moisturizing and diet adjustments improve the skin in a short amount of time.

Treatment starts with a full initial assessment. This is usually followed by a course of 5 to 6 treatments. The first treatment includes a full initial assessment, a cleaning and a face reflex massage and lasts 90 minutes.

Follow-up treatment lasts 60 minutes.

