

Joy Kelly ITEC VTCT



Reflexologist, Massage Therapist & Reiki Practitioner, Infant
Massage Teacher Dip, Member of the Federation of Holistic
Therapists

WHO IS JOY?

Joy attended colleges in Harrogate and Leeds, and has accumulated nearly 15 years of experience in her practice. Opting for holistic therapy, she believes in enhancing overall wellbeing and reducing stress by harmonising the body's systems.

Joy takes a personalised approach to each client, tailoring her treatments to meet their specific needs and goals. A combination of any of the listed treatments is available and session duration is normally 1 hour, 1.5 or 2 hours.

REFLEXOLOGY

Reflexology works on the reflex points of the feet and can help stress-related problems such as poor sleep patterns, headaches and anxiety. Research indicates that treatment boosts the immune system and is effective in improving many issues, including digestive problems, muscle pain and blocked sinuses. Joy will use various techniques during the session, starting & finishing with some foot massage. Reflexology is a wonderfully relaxing treatment and clients usually feel deeply rested and rejuvenated following their session.

MASSAGE THERAPY

Massage is a wonderful way to ease aches and pains in muscles and joints. It also improves circulation and helps to boost the body's immune system, reducing stress levels and anxiety. This treatment would typically involve a back, shoulders and neck massage followed by any combination of head/foot massage and/or hips, legs, arms and hands. The client can guide the treatment on the day in order to address and concentrate on a particular problem area.



INDIAN HEAD MASSAGE

Indian Head Massage (IHM) is a soothing therapy which involves acupressure massage on the head, face, neck, shoulders and upper arms – areas which tend to hold tension caused by long periods in front of a computer, poor posture or an accumulation of emotional stress. IHM can give relief from eye strain, headaches and migraine and improve sleep patterns. It can also improve concentration and mood, promoting a general feeling of wellbeing.

NATURAL LIFT FACIAL MASSAGE

This treatment combines Indian & Japanese facial massage techniques, acupressure and lymphatic drainage to help combat stress and pollution effects on skin, improving muscle tone and elasticity. The Natural Lift Facial Massage relaxes facial muscles, giving a natural lift and firmness for a refreshed look. The treatment includes the face, neck & scalp. It also enhances overall wellbeing by improving concentration, reducing stress and enhancing mental clarity.

REIKI

Reiki translates as Universal Energy, which brings a state of balance to the body and mind. This is an extremely calming therapy and is effective for those suffering with stress-related conditions or clients who prefer a non-invasive treatment. During the session you will be fully clothed and the treatment involves the practitioner placing their hands just above or on the body, starting at the head. You may feel a comforting warmth or tingling from the hands. Reiki works on a physical, mental, emotional and spiritual level, promoting deep relaxation. It can be given as a stand-alone session or as part of another treatment.



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To find out more please head to our website:
www.lfwpodiatry.co.uk/reflexology-massage
or call us on:
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