

The Local Experts



Claire Salt MIGHT IHHT is qualified in all areas of holistic therapy and specialises in reflexology. Claire's interest in reflexology and its benefits began when she was just a teenager. After the birth of her third daughter Claire decided to return to work and it seemed an obvious choice for her to go into the field of holistic therapy. Claire has been practising reflexology for five years along with a range of other holistic therapies. For Claire, the 'proof is in the pudding' – she says her

customers are guaranteed to be relaxed when they leave her purpose built salon which is adjacent to her home in Horsley Woodhouse.

A consultation with Claire is necessary to discuss lifestyle, medical history and to ensure the treatment she provides is suitable for the client. After foot cleansing, relaxation techniques are used to relax the feet. Pressure is then applied in a precise way to the reflexes of the feet using various techniques and holds. Reflexology feels pleasant, calming and is very relaxing. By stimulating the reflexes in the correct manner the flow of energy through the body is improved causing beneficial reactions in the specific glands and organs.



Margaret Rippingale ITEC IHHT qualified in Anatomy, Physiology and Body Massage in 1999. At the time she was working full time as a Teacher and saw her therapy as a hobby. Margaret decided to give up teaching in 2004 when she gained a Diploma in Holistic Therapies. She set up her own business working from home in Horsley Woodhouse. Margaret also practises yoga and teaches three yoga classes based in Allestree. The majority of Margaret's

clients visit her for massage. Through massage clients become aware of imbalances in posture and aftercare advice includes guidance on improving posture both generally and in the working environment. Margaret's clients come from all walks of life; their ages range from 20 to 84. Most visit on recommendation. Margaret's key word is 'flexibility' – she will adapt treatments to meet the individual needs of each client. She is very flexible about appointment times as a lot of clients are busy people. Appointments can be between 8am and 8pm and she is not unknown to work on a Sunday if this is the only time a client can manage. Margaret fits her life around her clients and her yoga teaching.

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Claire Salt MIGHT IHHT

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