

# Complementary Therapies

**Complementary therapy has become a popular way of encouraging us to take time out of our busy, stress filled lives. This article provides you with just a snapshot of two of the therapies available to help you to relax and unwind. There are many local Holistic Therapists covering all aspects of Complementary Therapy. Here you will find profiles of two of these experienced, local therapists; Margaret Rippingale and Claire Salt. Both are highly qualified in various areas of Holistic Therapy and welcome your enquiries for information on the treatments they offer.**

## MASSAGE

Aims to improve and maintain body systems to relieve stress. Stress causes muscle tension and chemical reactions. The therapeutic touch of the masseur's hands can release the tension, improve circulation and help to remove toxins which leaves the client feeling very relaxed. With massage, your muscles will be relaxed – relieving tension and reducing pain. Massage can improve your range of motion and flexibility of your joints. Some conditions eased by massage are arthritic conditions, backache and stress.

## REFLEXOLOGY

Suitable for both young and old, Reflexology is a gentle holistic treatment of the feet. It is based on the idea that all the body system and organs are reflected on the feet and hands. These areas on the feet are known as reflexes. Ten vertical zones of energy run through the body – five on each side of the spine. When the reflexes of the feet and hands are stimulated all the organs and systems in the zones are affected. This improves the flow of vital energy through the body.

## *Benefits of massage and reflexology*

- Produces relaxation and combats the effect of stress
- Improves circulation and lymph flow
- Improves mental alertness
- Releases of toxins
- Produces a feeling of well being

