

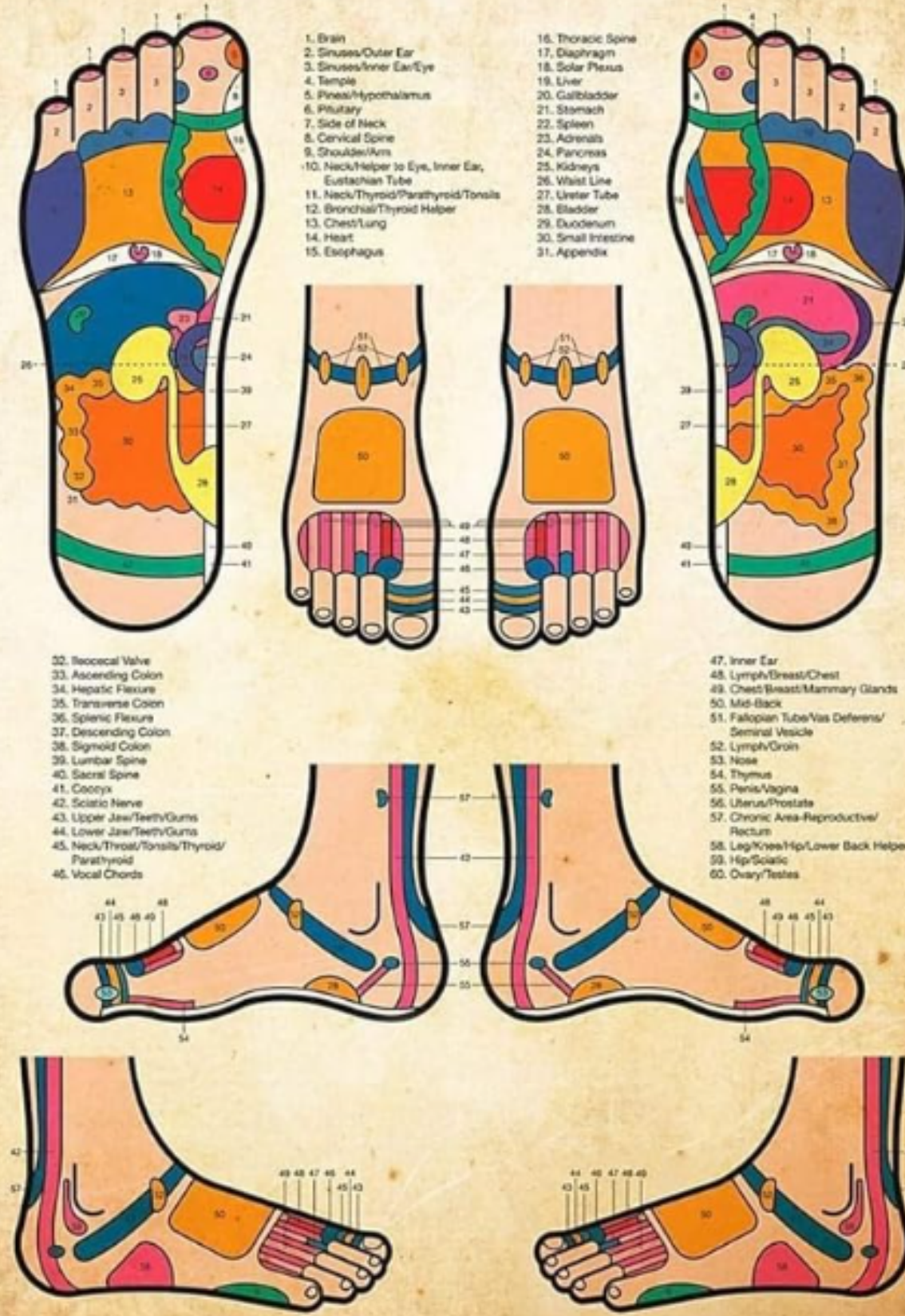


Reflexology for menopause

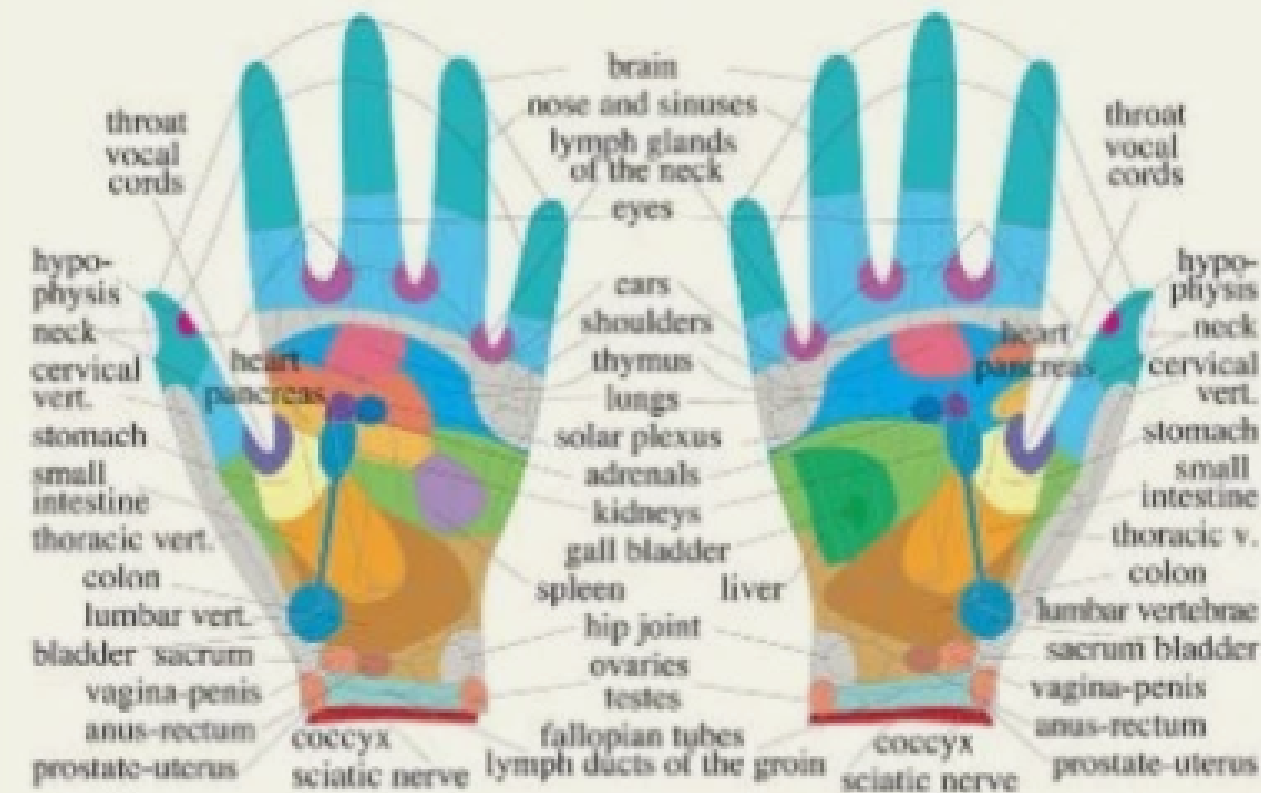


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REFLEXOLOGY CHART

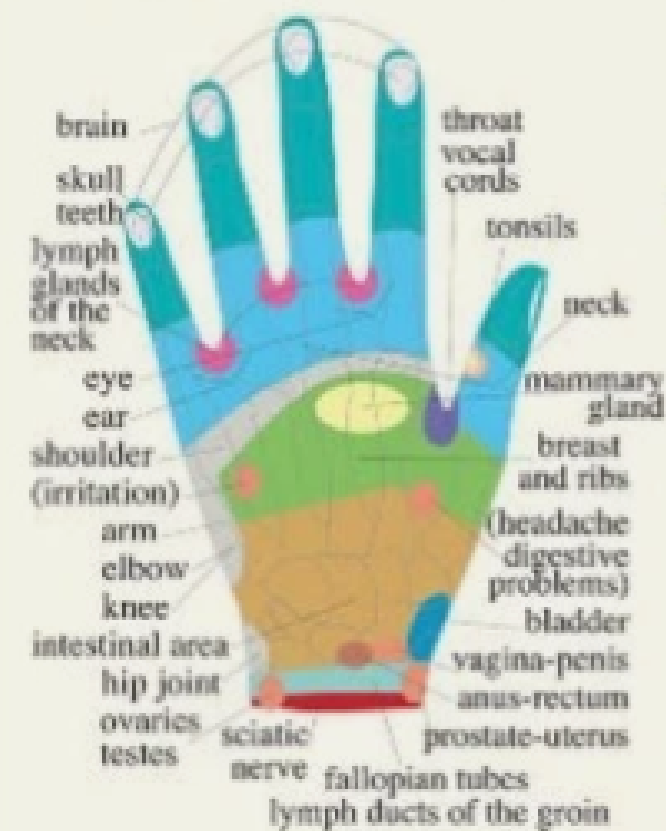


HAND REFLEXOLOGY



PALM OF LEFT HAND

PALM OF RIGHT HAND



BACK OF LEFT HAND



THUMB SIDE

LITTLE FINGER SIDE

Reflexology for Menopause Symptoms:

Hot flash

Night Sweats

Stress and Anxiety

Low Mood

Aches & Pains

Overall Wellbeing

Foot massage creates a relaxing experience where mind and body can reset, and create the opportunity to heal and restore balance.