

REFLEXOLOGY

FOR ONTARIO COLLEGE OF TEACHERS,
EMPLOYEES & THEIR FAMILIES

Studies show that regular reflexology treatments can:

Reduce the incidence of chronic headaches, migraines

Relieve pain

Relieve chronic constipation or irritable bowel syndrome

Help to relieve PMS and regulate menstruation and with hormonal imbalances

Assist immune responses and initiates healing

Relieve insomnia

Help relieve sinusitis

Help with back problems, sciatic pain

Have a calming effect on stress



**10% OFF THE REGULAR
RATE OF \$65**

\$58⁵⁰
Inc. Taxes

**MUST PRESENT OCT CARD
I WILL TRAVEL TO YOUR HOME OR WORKPLACE
APPOINTMENT IN THE WATERLOO REGION**

PAT ARSENAULT
MOBILE REGISTERED REFLEXOLOGIST
519.576.0397 or pt.arsenault@sympatico.ca



**GIVE THE GIFT
OF HEALTH**
Gift Certificates Available

