



After all you've done...  
After all these years of giving to  
others...

Why not give to yourself in a way  
that can maximise your ability to  
overcome the fatigue that often plagues the body?



In the beginning time is of no consequence and days blend into one with the busy details of life



When the demands of life are less and time seems to be endless... but of limited supply.

The autumn of your life can become a daunting process leading to depreciation of mental and physical movement.



When the mind begins to slow down it can be stimulated by taking an interest in something you have never tried before, many take up classes and become adult learners, others find great joy in discovering gifts they hadn't realised they possessed.

When the body begins to slow down, things that a few years ago were brushed off with a brisk walk in the fresh air sometimes linger and take twice as long to leave.

Poor circulation is one cause of this.

Stress is another.

But as the body ages its ability to heal itself slows down as the general course of life.



**Holistic Health and Wellbeing** offers half hour reflexology treatments for relaxation, given by a friendly therapist, geared to helping you improve your body's circulatory performance. Improving the bodies circulation will aid in its ability to heal itself.

Care Home visit prices are set at **£7.50** per half hour treatment. Contact your Care Home Office to book a treatment and register your interest in utilising this service