

# Clinical Reflexology

## What is Clinical Reflexology?

Clinical Reflexology is a gentle, evidence-informed complementary therapy that applies pressure to specific points on the feet, hands, face or ears.

These points correspond to different areas of the whole body.

Reflexology promotes balance in the physical, mental, emotional, and energetic levels of your body, and it leads to deep relaxation.



**Studies suggest Clinical Reflexology may assist with:**

- ❖ **Reducing stress, tension and anxiety**
- ❖ **Improving sleep and deep relaxation**
- ❖ **Easing pain and discomfort**  
(peripheral neuropathy, lymphoedema, headaches)
- ❖ **Supporting emotional well-being**

To make an appointment, please contact

**RUMI : 0418-100-779** (Text message only)



**San  
Cancer Support  
Centre**

*Treatments are adapted to suit your individual health needs and delivered with care, compassion, and clinical understanding*