

We all have such busy lives these days, I often wonder about the ill effects this has on our health. Over a period of time the stress does, I'm very sure start to tell. It is therefore, really important to find a little time to relax and take stock.

mandy cox 
M.A.R I.T.E.C



There are of course, many ways we can do this, but if you are like me, I literally have to book time to relax into my diary! The other week I did just that and visited Mandy Cox at her Downside based clinic where she offers an array of complementary therapies.

As soon as I stepped inside her garden I felt calmer! Mandy works from a purpose built, log cabin in her back garden and the atmosphere was immediately very tranquil. I had been invited along to experience some reflexology and an Indian head massage. Two of my absolute favourite complementary treatments, so I was really looking forward to my appointment!



Mandy has been an complementary practitioner for some years now, although in the past, on a much more part time basis, but she is now devoting more time this side of her business.

We started by talking about my general well being and Mandy asked about any particular areas of concern I had. I also filled out a brief medical form, to enable her to proceed with the treatments. Very soon, I was relaxing on her couch and she started to work on my feet. If you've never experienced Reflexology, I highly recommend it; personally I think it is amazing!

It does of course, depend on the person giving the treatment but Mandy is very experienced and knew exactly what she was doing. The pressure can be altered for comfort, but I was enjoying the treatment immensely, as it was.

Let's take a look at how reflexology works:

Reflexologists believe that the feet mirror the body. All organs, systems and glands of the body can be mapped onto areas of the feet called reflex points. A reflexologist knows how to stimulate the reflex points in order to bring about a response in the corresponding part of the body.

This practice is based on the ancient Chinese theory that energy is flowing all around our bodies. If the energy can flow freely then we are balanced and healthy. If the energy is obstructed, illness may result.

Could reflexology help you?

Everyone may benefit from reflexology women, men, children and the elderly. Reflexology may be effective for many conditions including:

- Joint pain
- Breathing disorders
- Digestive problems
- Fertility issues
- Headaches / migraines
- Hormonal imbalances
- Pain relief
- Sleep disorders
- Stress and stress related conditions

The hour Mandy worked on my feet simply flew by, afterwards I felt very calm, the couch was warm and cosy and I could easily have dropped off to sleep!

Now it was time for my Indian Head massage, another ancient treatment which is designed to relax. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

What does it involve?

You sit in a chair for this treatment. The therapist uses a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, the therapist will also gently stimulate and stroke pressure points on the face. The session will usually last for about half an hour.

What is it good for?

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. Clients report that the experience is deeply calming and relaxing, leaving them feeling energised and revitalised and better able to concentrate.

What are the benefits?

Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

So there you have it, what a way to de stress! I left Mandy's clinic feeling amazing! Mandy is lovely, very welcoming and so easy to get along with. She also offers a selection of other treatments and massages which I am very sure she would be happy to tell you about, or take a look at her web site.



www.mandycox.co.uk

Thank you very much Mandy, I really enjoyed my visit, I will return very soon!

If you would like to book an appointment contact Mandy on

07970 925118

Or [email info@mandycox.co.uk](mailto:info@mandycox.co.uk) you deserve to spoil yourself!

