

Children's Reflexology

Including relaxation techniques and The Emerald Alignment



Promotes better health, personal well-being and emotional regulation. Helps reduce anxiety, worries and stress.

Lovely for all children but is of great benefit for those with specific well-being and behaviour issues, other special educational needs, or health issues. For example:

- Hyperactivity
- Attention Deficit Disorder
- Dreamy/escapist children
- Asthma/eczema
- Dyslexia
- Obsessive behaviour
- Anxiety
- Autistic Spectrum Disorder

NEW - Starting
October 2024

Book in now –
contact Claire

Sessions with Claire Donaldson

Reflexology sessions are half-hour. Slots available between 4-6pm on Thursday evenings, in Sale, Hampden Road, M33 7UB.

£20 per session. Contact Claire on 07411 400 141 or claire@shewaliving.co.uk for more information.

www.shewaliving.co.uk/childrens-therapies

