

Holistic Reflexology

Claire Donaldson - Holistic Therapist



Reflexology work in Schools

Holistic reflexology for children promotes peace and relaxation. It can help improve sleeping habits and patterns, can give a greater sense of wellbeing, create better eating habits, reduce anxiety, and help provide an improved focus on everyday activities. It is also beneficial for children with specific wellbeing and behaviour issues.

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

Reflexology sessions are one-to-one and 30mins in length, with referred children. Parents or Carers would typically fill out a consent form and provide background information on the child. I would also take information and guidance from teaching staff and SENCOs about personal difficulties, educational and emotional needs, and conditions.

Emerald Alignment Technique

As part of the reflexology sessions, referred children, would also learn the Emerald Alignment Technique. This is a self-help technique for emotional regulation. It promotes peace and relaxation and can be used in various scenarios but has proved useful around bedtimes and in helping children get to sleep.

School Requirements

For the reflexology work there needs to be a dedicated space/room allocated for this. Only needs to be small, but a place that could be turned into a calm, quiet, peaceful, and relaxing space. It would need to have a cushioned mat or bean bags on the floor. I will bring additional cushions, towels, and blankets.

Regularity is important with this work, therefore, seeing children weekly is required. Seeing a child over a full term (initially), is recommended.

Costings and Insurance

My fees are £80 half day and £150 full day. I require a 15mins set-up time for reflexology. Typically, a half-day of reflexology sessions, would accommodate 3-4 children. Each school is different and so I will look to work around your school's needs.

Full day to work in a school doing a mixture of therapy work or just reflexology is offered at £150. I am fully insured, hold an ico. Data Protection Certificate and am Enhanced DBS checked.

Testimonials from parents and children

"My Dad thinks I'm calmer at home".

"I go to bed really early on a Monday after the session as I'm tired."

"Practicing the Emerald Alignment Technique works and helps me sleep."

"After I come back into class, I'm very calm."

I just wanted this opportunity to leave some feedback and say that since my Foster Child has been accessing your Emerald Alignment holistic therapy and reflexology the change in his mood and behaviour has been dramatic. I have always been open to alternative therapies and so when this support was offered via school, I was happy to give my consent. My Foster Child was displaying some challenging behaviour at home and has a diagnosis of ADHD along with a chromosome disorder, like many families the last few years have been difficult due to Covid, and this has affected us deeply as a family.

The therapy started around a month ago, almost immediately the change in his mood and behaviour has been astonishing. He appears calmer, content and at peace in himself - as if he's had a weight lifted. I feel I have my child back and this makes me emotional and thankful for the help. I cannot praise this approach highly enough. It has exceeded my expectations. I will fully recommend it to friends and family, once again thank you so much.

Vicky Hollingsworth (Foster Carer)



Our children love their holistic therapy sessions with Claire, and they look forward to having their sessions. Parents have reported that their child uses the tools at home to help them when they are feeling anxious or nervous. One child with EBSNA now can't wait to come to school on a Tuesday because they know they are having a holistic therapy session with Claire. Claire creates a safe space for children and her calm manner ensures children trust and listen to her.

Miss Polly Knight
Headteacher
St Anne's CE Primary School