

Catherine Thomas

@ Bridport's Ideal Health Exhibition 11 June 2016

I will work from 10 till 4 in Liza's practice in South Street.

Treatments will last approximately 30 minutes.

I intend to offer Reiki or Precision Reflexology.

The aim of **Precision Reflexology** is to connect to a person's energy system, to balance it and bring about self-healing on all levels - physical, mental, emotional and spiritual. It involves a technique called 'linking ' which increases the power and holistic nature of the treatment.

Reiki is a natural form of hands on healing. It works on the body's own ability to heal itself, working on every level - physical, mental, emotional and spiritual. Clients remain fully clothed throughout treatment.

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