

Feet First

Podiatry & Holistic Health

A Message from Louisa

It doesn't seem possible that it's nearly 10 months since the frantic start to the year with our move to new premises and preparations for our Open Day in January. The Open Day was a phenomenal success, with many old and new faces coming through the door to join us in our celebrations. Myself, Lynn and Lucie were on hand providing drinks and nibbles, samples of foot lotion as well as assisting with queries and questions. Both Lucie and Lynn gave complimentary reflexology & chiropody treatments and provided demonstrations of some of our new equipment. The lucky winner of our free prize draw was Helen Watson who won a chiropody and warm wax re-hydration treatment. Congratulations Helen.

You may have already noticed that we have changed our logo and our name;

Feet First - Chiropody and Reflexology has evolved into Feet First - Podiatry and Holistic Health. It is our aim to be your centre of excellence for foot care and well being, treating you from the feet up in either a traditional or spiritual approach. We feel that the change of name reflects our continuing efforts to provide you with the best range of treatments.

From our reflexology roots, we now incorporate more holistic treatments and therapies to help the mind, body and soul and we have been joined by new therapists who have been working with us over the summer months. Hence the change to Holistic Health.

Additionally, new health care regulations introduced by the government, mean we are now known as Podiatrists /Chiropodists. Podiatry is the

collective name for treatment of the feet and covers many more areas of foot care than the basic Chiropody skills of, for example, nail trimming and corn enucleating. It also covers cryosurgery, nail surgery and also gait analysis/biomechanics of the foot - a separate division of podiatry which helps alleviate pain within the bone and muscle structures of the feet as well as sports injuries and trauma.

I would like to thank you for your support and custom during this busy period of transition for us. We will be hosting another Open Day in January 2005 to celebrate our first year open in the High Street - with many more taster treatments on offer. Details of this open day will be sent out in our Christmas Newsletter.

Louisa Hallewell

Women's Aid - A Heartfelt Thank you

May I take this opportunity to thank all of you who have kindly donated items via Feet First for our collection for Women's Aid. Women's Aid is a charity which provides refuge to women and children under threat of domestic violence. I'm sure many of us are lucky enough to be unable to comprehend what it must be like to be in a fearful situation where we feel we must abandon our home to become homeless.

The women who arrive at the refuges often turn up in only what they are wearing. At Feet First we collect sample size/hotel complimentary bottles of shampoo, conditioner, body wash/lotion, soap, flannels, mini hair-brushes, unused tooth brushes and toothpaste, emery boards, deoderants, sanitary items and wash bags or

in-flight bags. These are then put together to make a 'welcome pack' so that the ladies can freshen up on arrival at their safe house.

To date we have managed to make 3 deliveries of welcome packs to the Headington branch in Oxford, totalling 61 packs which have been greatly received. Sadly there are many more

women arriving at the refuge in Headington and Bicester than we can presently cater for. Many of us hoard unused

sample/hotel sized sachets of toiletries in our bathrooms and never use them so should you wish to donate any of the above items we would be very grateful. There is a collecting receptacle in the reception area for your convenience. Also, any unwanted

toys or good condition bed/cot linen are always most welcome.

Many many thanks. This really does make a difference albeit small but thoughtful, to many different lives.

Due to an increase in charges by our suppliers and the need to comply with new government regulations concerning health care we regret that it is necessary for us to increase our fees.

We strive to keep our prices as reasonable and competitive as possible and to this end we have been absorbing these increased costs for some time. Unfortunately it is no longer practical for us to do so and to operate as a business.

Our fees will be increasing from the 1st November 2004. Sorry!



Meet the Team

Lynn Andrews

Lynn qualified as a Chiroprapist in 2002 and is Health Professions Council registered. She is experienced in Cryosurgery (an alternative treatment for verrucae) and also BCI Cosmetic Nail Correction, a very effective treatment that can instantly transform infected or unsightly toenails.



Simon Duck

Simon is a Doctor of Chiropractic and graduate of the University of Westminster, Division of Podiatric Medicine. Training as a Chiropractor and a Podiatrist has given him a specialised understanding of the mechanics of movement and posture. Simon is also qualified to perform nail surgery.



Laura Flynn

Laura qualified as an Holistic Massage Therapist at the Oxford School of Massage in 1998. She is a qualified Holistic & Clinic Aromatherapist and is registered with the Aromatherapy Consortium. She also practices Indian Head Massage and has studied Reiki to levels I & II.

David Gray

David has trained in Remedial & Sports Massage, Cranial Sacral Therapy, Kinesiology and is a Reiki Master. He continues to actively increase his rounded practical skills whilst studying in a final year of Osteopathy & Naturopathy.



Ginny Moffatt

Ginny has been a practitioner of Reflexology for 14 years. She has trained in Kenya, East Africa in 1990 where she practised in a traditional medical environment and in the corporate and hospital-ity sectors. Ginny also provides 1 on 1 or you and a friend yoga classes at Feet First. She has been a yoga teacher for over 15 years.



Lucie Oliver

Lucie qualified to practice Reflexology in 2003 from the Richdale's Institute in London. She has a keen interest in holistic & preventative healthcare and is experienced in maternity reflexology and the benefits that this can bring to both mother and child. Lucie also offers the Platinum Detox Foot Spa treatment, details of which can be found below.



Judy Woodward

Judy qualified as a Homeopath in 2004 and gained two years clinical experience whilst continuing her training at 'The Practical College of Homeopathy'. She also holds I.I.H.H.T Diplomas in and is an experienced practitioner of Reflexology, Indian Head Massage, Hopi Ear Candling and Reiki.

Our website has been completely redesigned and revamped. On it, you can find out more about each of the team members than the limited space of this newsletter allows. It also describes in greater detail, the different therapies and disciplines that they practice and the benefits that they will bring. Our website can be found at:

www.feet-first.org

Platinum Detox

The Platinum Detox Machine is the latest state of the art ergonomically designed foot spa with micro-processor controlled electronic array. It works by electrifying the water in the foot spa. This stimulation can have a positive effect on the rebalancing of the body.

Our bodies use electrical impulses from the brain to function. All the cells in our body produce bio-energy. When this energy level is high the cells function properly and absorb nutrients whilst expelling toxins. When we are ill or stressed, our cells are affected and

the bio-energy levels are drastically reduced. This means that our cells are not able to function at their best and release built up toxins efficiently.

The stimulation that the Platinum Detox machine provides assists the body in helping it remove built up toxins. These toxins are visible as they react with the water in the spa, causing it to change colour. The colour can vary from person to person and session to session.

Some of the physical benefits that people have reported are increased energy levels, improved and deeper sleep and a general feeling of well being.

So why not come in and give it a try,

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