

Feet First

Podiatry & Holistic Health

A Message from Louisa

I hope this newsletter finds you all peacefully rested from a lovely Christmas and New Year. As Christmas time is a time of reflection I find it unbelievable that the year has gone so quickly. We have become quite settled in our new surroundings in the Upper High Street and it feels as if we have always been here. This year has brought with it many changes, new faces and new services and treatments available to enable us at Feet First to provide you with every type of foot care treatment possible as well as a varied complement of holistic therapies to look after your wellbeing. I hope you have enjoyed your experi-

ences with us in the our new surroundings and continue to do so.

In this edition of our newsletter we will be bringing you some information and top tips from Laura our aromatherapist, Judy our holistic therapist and David our remedial therapist explaining how their respective therapies can be of benefit to us all over the coming months.

The woman's aid tally to date is now 101 wash bags gratefully received. We have been overwhelmed by your generosity and kindness and have been able to give every woman in the

refuge a lovely Christmas present of some beautiful toiletries all kindly donated by you. Please keep your donations coming as there are always more women arriving at the refuge in great need and your contributions truly do make a difference. We are now expanding our collection to good condition children's toys and any bed linen and towels. Wash bags, hair-brushes and sanitary items are on our 'most wanted' list at present; however anything you donate is welcome and utilised.

Louisa Hallewell

Open Day Invitation - January 22nd 2005

To celebrate our first birthday in the High Street we are hosting another Open Day on Saturday 22nd January.

During the day we will be offering free taster treatments in Reflexology, Indian Head & Hand massages and Reiki. We welcome you all to try these treatments which will last approximately fifteen minutes and are designed to give you an introduction to the respective therapy and highlight how it may be of benefit to you.

There will also be demonstrations of biomechanics, cranial-sacral therapy and hopi ear candling. These will be presented by their respective practitioners and will last about an hour. During these demonstrations there will be opportunities for you to volunteer and participate in the proceedings. For example, in Simon Duck's Biomechanics demonstration he will video volunteers walking on a treadmill and then analyse their gaits and explain how they may be impacting upon their postures and any remedial treatments that could be beneficial.

During the afternoon, Ginny will be

holding Yoga classes. Spaces in these classes will be limited, so should you like to join one please contact us to reserve your place.

We will also be providing discounted treatments in the latest state of the art detoxifying treatment - the Platinum Detox Machine. The stimulation that this micro-processor controlled foot-spa provides assists the body in helping it remove built up toxins. These



Start with your feet in clean warm tap water



The colour of the water can change dramatically

toxins are visible as they react with the water in the spa, causing it to change colour. The treatments, which are normally charged at £28, are being discounted to £15 with all proceeds being donated to Thomley Hall, a local charitable trust that provides support and assistance for children with severe learning disorders including

Autism and Asperger's Syndrome. Treatments will be available throughout the day.

In addition to all the free treatments and demonstrations there will be a free prize draw with Gift Vouchers for our various treatments as prizes. There will also be complimentary samples of foot creams and lotions for you to take home and try. All our therapists will be on hand to talk to about the our different treatments and therapies and how they can add a new vitality to both body and mind.

We hope you will be able to join us in celebrating our first anniversary in the Upper High Street with a glass of wine and some nibbles.

Louisa Hallewell

Schedule of events:

Doors open - 11.00 a.m.

Free Taster Treatments & Platinum Detox - available throughout the day.

Demonstrations:

Biomechanics - 11.15 a.m.

Cranio Sacral - 12.45 p.m.

Hopi Ear Candling - 12.10 p.m.

Yoga classes - 2.00 p.m. and 2.45 p.m.

Essential Oils Give Colds the Cold Shoulder

With the onslaught of winter many of us find ourselves and families far more susceptible to coughs, colds and flu viruses. Prevention, of course, is far better than cure and so making sure that you have a healthy and optimally functioning immune system is key. Diet plays an important role along with getting regular exercise and keeping your stress levels in check.

Much has also recently been documented of the immune boosting effects of massage. The two main reasons that have been noted are that white blood cell production seems to noticeably increase after receiving massage and that stress levels noticeably decrease. Regular massage and the use of essential oils, many of which are antibacterial and antiviral, further increase the benefits. This leaves the body far better equipped to shrug off any viruses before they have a chance to take hold.

If you do find that you have come under attack certain essential oils can really help speed your recovery. Try putting a couple of drops each of Ravensara, Tea Tree and Lemon essential oils into an oil burner to help kill airborne microbes. Breathing these vapours in will also help ease the respiratory tract.

Inhalations are very useful for coughs, colds and sore throats, though should be used with caution by people with epilepsy or asthma as they can be rather overpowering. Half fill a bowl with very hot water and add 3-4 drops of essential oil (see list below). Lean over the bowl, place a large towel over your

head and the bowl to create a tent to contain the steam, shut your eyes and inhale the vapours for a minute or two taking breathers if necessary.

As a guide, use one or a blend of any of the essential oils below to a total of 4 drops:

A general immune booster and respiratory cleanser: Thyme, Tea Tree, Lavender, Eucalyptus or Myrtle.

Sore throats: Sandalwood, Bergamot or Thyme.

Coughs: Frankincense, Pine Needle, Eucalyptus and Lavender

To help ease breathing and promote sleep, which can be a real problem

when you have a cold, try using this marvellous chest rub. To 5ml (a tsp) of base oil such as Sweet Almond Oil or Grapeseed Oil add the following essential oils: 1 drop Lavender, 1 drop Benzoin and 2 drops Frankincense. Rub this into the chest, throat, shoulders and upper back if you can. You will find that sleep follows quickly. (This oil can be made up for you. Please call for details.)

Once you are feeling well enough to get out and about again a post cold/flu aromatherapy massage is a great way to knock the virus on the head and promote good health.

Laura Flynn

A Gentle Touch to Health

Cranial Sacral Therapy is a soft touch, restorative therapy that has developed from discovery of, and interacting with the cranial rhythm. A therapy which can be used effectively for the treatment of many conditions at all ages, it is extremely gentle, non-invasive, and causes no discomfort; nor does it have any risks or adverse side effects.

Cranial Sacral Therapy is a process whereby specific techniques are used on the head and spine down to the sacrum to release tension and energy blocks. The cranial bones are lined on the inside by membranes. When there are blocks or tension in the body, the membranes are pulled out of position. For example, it is uncomfortable to wear a sweater that has been twisted around the body and that is the feeling in the body when the membranes are pulled. This therapy has achieved

results with various traumas, acute or chronic medical conditions, migraine headaches, stress, and many types of learning disabilities. The therapy is gaining in popularity because it is safe, effective, non-threatening and painless.

In a typical Cranial Sacral session, you will usually lie fully-clothed on a treatment couch. The therapist will make contact by placing their hands lightly on your body and tuning in to what is happening by 'listening' with their hands. Contact is made carefully so that you will feel at ease with what is happening. The therapy is so gentle that it is suitable for babies, children, and the elderly, as well as adults and people in fragile or acutely painful conditions. Treatment can aid almost any condition, raising vitality and improving the body's capacity for self-repair.

David Gray

Hopi Ear Candling at Feet First

The magic of fire has fascinated people from the very beginning of time and control of this element gave light, warmth and protection.

Earcandles originate from the Hopi Indian tribe of South America who have great spiritual and medicinal knowledge and have been used by many cultures as an effective natural therapy since ancient times.

Today Hopi Ear Candling is becoming an increasingly popular therapy renowned for its wonderful therapeutic and relaxing effect.

Conditions which the Ear Candles can be effective:

Excessive and compacted wax, snoring, hayfever, colds/flu, neuralgia, pressure regulation in case of: sinusitis, rhinitis, glue ear, headaches. Noises in the ear and tinnitus. Relaxation of excessive stress and excitement.

Judy Woodward

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