



# Footnotes

## A Message from Louisa



It doesn't seem all that long ago that we were in the middle of winter and focusing on our open day. It was a huge success and with your generosity we raised £160 for Thomley Hall activity centre in Worminghall.

I do hope you enjoyed seeing all the different treatments that were demonstrated on the day. However, we are aware that due to the popularity of the event some of you were a little disappointed as, at some points during the day, we were almost too full to get any more people into the building. We will look into this for next year to find a solution that will make the open day more accessible for all of you.

Well, spring is most definitely here and this edition brings with it new ideas and faces. In January Jenney Klose joined our team and provides chiropody and podiatry care within the practice. We have also been joined by Dr Don Rawson who has many years experience practicing psychological counselling and teaching psychology. Don is a published author on the subject and is also qualified in herbal medicine. We feel that his disciplines complement the other holistic treatments we offer at *FF* perfectly. Please visit our website for more details on Don and Jenney's skills.

At *FF* we believe that life is continual learning and from this we are bringing you new and exciting opportunities to enjoy continual learning within a small and friendly environment. We have a schedule of events organised for the year ahead, provided by professionals for your enjoyment. These events include seminars on 'Solestry' the art of foot reading, Reiki levels 1 & 2 and also a class on making natural skincare products using essential oils and all natural ingredients. We have included a new page on our website for these events and future events will be published as the year continues - so please check regularly.

As always, thank you all so very much for your generosity with the toiletries and bedding that continues to flow into the reception. Everything you have donated so far has been passed on with enormous gratitude. We are now supplying both Aylesbury and Oxford Woman's Aid as well as The Night Shelter in Oxford. Please keep it coming.

Finally I would like to take this opportunity to say a BIG thank you to everyone who has sponsored me for my skydive for breast cancer, I am very close to raising my target of £1000. It has become apparent whilst fundraising for this event that many of our lives have been touched one way or another by this voracious disease. The skydive will take place on 21<sup>st</sup> May and whilst I am very nervous, I am looking forwards to it!

Louisa Hallewell

## Fire Angel Yoga

Feet First have arranged with Ginny Moffat for each of our clients to have a free trial session within one of her classes. So if you have ever thought of trying yoga but never got round to it, now's the time.

Ginny's classes cater for all abilities and are run on a 'drop-in' basis. A course of 10 sessions is £70 and attendance is flexible - so if you can't make it one week, don't worry, turn up the following week and carry on from where you left off.

To take advantage of this special arrangement please call Ginny on 01844 202472. Please cut out the voucher overleaf and bring it with you to the class

Classes are held at:

The Oxford School of Reflexology, Wheatley  
Mondays 9.30 - 11 am

Church House, Long Crendon  
Tuesdays 7 - 8.30 pm  
Thursdays 8 - 9.30 pm



Louisa Hallewell

## Solestry Seminar

Have you ever wondered what secrets your feet reveal about your personality, health and way of life?

The position and shape of toes can reveal how we deal with emotions and give a greater understanding of our personality. Solestry will tell you, at a glance, whether someone is bossy, talkative or tired and give you insights into their life.

- Size and shape of the foot
- Skin tone, colour & temperature
- Skin texture, defects & abnormalities
- Colour & health of nails
- Toe shapes, angles and directions
- Arches of feet

*FF* are running a one day solestry seminar that will cover the interpretation of :

Louisa Hallewell

This class is scheduled to run on 11th June 2005 and costs £60 per person. To reserve your place please call 01844 261023 or e-mail [enquiries@feet-first.org](mailto:enquiries@feet-first.org)

## Maternity Reflexology

Reflexology through this most special time in a woman's life can bring benefit to both mother and child, from the early stages of pregnancy up to the moment of childbirth.

Having trained with Moshe Kruchik, one of the most experienced childbirth therapists in the world of reflexology, I am able to offer treatments appropriate to the duration of the pregnancy. In the early stages, reflexology can ease symptoms such as morning sickness, fatigue and headaches, which are often experienced as the woman adjusts to the new role of motherhood.

From 12 weeks onwards, reflexology can be applied to the hormonal system, encouraging balance and optimum functioning of the glands. Thyroid function is vital for growth and development of the baby while stimulating the pituitary gland during labour can potentiate strong contractions.



As the pregnancy progresses, there is more call for working the skeletal system – namely the spine and hip/pelvic area – as the baby grows and puts more pressure on these areas. Digestive function can also be impaired during this time causing heartburn and haemorrhoids so reflexology and some nutritional guidance here is highly valuable.

On an emotional level, I am able to work the relevant points to induce relaxation and curb anxiety, which I feel is as vital as working the physical mother. Clients often report that the baby also responds to the treatment and relaxes along with the mother.

In preparation for the birth I am able to offer tips to strengthen the perineum and possible ways to stimulate the release of 'oxytocin', the hormone responsible for uterine contractions and dilation of the cervix. Reflexology has been known to 'kick start' this process, however, if your baby is not ready then it quite simply will not come out!

Lucie Oliver

## Caring for Your Skin, Naturally

"We are what we eat" and we are what we absorb through the skin. We can avoid eating chemical additives by careful selection of our food but what about the chemical additives in our everyday skin care products?

Avocado, almond, grapeseed oil, rosewater. Sound good enough to eat don't they and, of course, they are but did you know that they are all used in natural skin care to nourish the skin? Adding essential oils to natural skin care products not only makes them smell wonderful but also brings protection and beauty to the skin.

Now you can learn how to make your own natural skin care products using only plant based ingredients and essential oils at a fraction of the cost of commercial brands.

At the class at *FF* with Lotte Rose MIFA, an aromatherapist and lecturer for more than 20 years

you will discover just how easy it is to make 'tailor-made' skin care products for you and your family. By combining natural bases with delicate flower waters, nourishing oils and fragrant, healing essential oils you will be amazed at how many great products you can produce that are just right for your skin and that smell wonderful.

All ingredients, bottles and jars will be provided all you need to bring is your enthusiasm and a note book. Oh, and do wear an apron or clothing that will not be spoiled if oil gets spilled. All participants will make and take home samples of fragrant body lotion, hand cream, moisturiser and face creams.

Lotte Rose



This class is scheduled to run on 24th September 2005 and costs £80 per person. There are a limited number of places available.

To reserve your place please call Feet First on 01844 261023 or e-mail enquiries@feet-first.org

## Footwear Tips

Many of you have attended one of our biomechanical clinics and have benefited from orthoses, simple insoles and/or expert advice and we hope that you have been relieved from symptoms of pain and discomfort or benefited from reduced skin disorders such as corns and callus, thickened and deformed nails or toe deformities.

Many of the problems that we treat are the cause of incorrect footwear and I would like to share with you a few tips that I recently picked up at a clinical biomechanical conference at Staffordshire University:

1. When fitting shoes, there should be a thumb's width between the end of the shoe and the end of the longest toe. The widest part of the foot should correspond to the widest part of the shoe.
2. Make a template; ask someone to draw around your foot while standing on a piece of cardboard and use this to test whether the shoe is broad enough.
3. Ensure that the toe box is deep enough by measuring from the top of the upper to the insole. This is very important if toe deformities are present.
4. The recommended maximum heel height is 40mm (about 1.5 inches). Sorry ladies!
5. Runners should replace their shoes every 300-600 miles as there is a loss of shock absorption qualities, (25% lost after 50 miles, 33% after 100-150 miles and 40% lost after 250-500 miles). Also rotate shoes – variability has been suggested to help with injury prevention. Studies have also shown that wet shoes have shown temporary loss of shock absorption.

Remember to look after your feet and have them regularly checked by a podiatrist.

Jenney Klose

*Feet First*  
Podiatry & Holistic Health

This voucher entitles the bearer to one  
FREE yoga session  
with  
*Fire Angel Yoga*

# Feet First

Podiatry & Holistic Health

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